How BodyLab Helps Keep J.Lo Slim p200

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SHAPE

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March 2015

The shoes once reserved for workouts and weekends were all over spring's fashion runways. So yes, you can wear sneakers with that!

— p188




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Reach out to others.
Find your strength in calm.
Feel your heart open.
Know anything is possible.
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ATHLETA
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Cover credits: *Cover photograph by Nino Muñoz. Styling by Audrey Slater. Hair by David Babaii/Tracey Mattingly for GHD. Makeup by Mélanie Inglessis/The Magnet Agency for Marc Jacobs Beauty. Manicure by Ashlie Johnson/The Wall Group for Chanel.* ***On Kate*** *Fabletics vest, bra top, and leggings ($50, $25, and $65; fabletics.com). Zoe Chicco necklace ($350; zoechicco.com). Danielle Stevens Jewelry ring ($18; daniellestevens.com). Ioselliani ring ($225 for set of three; ioselliani, NYC, 212-686-2211).* ***Score*** *Kate's cover look with the following Shiseido products (available at shiseido.com): Veiled Rouge Lipstick in Mischief ($25), Natural Eyebrow Pencil in Light Brown ($20), Perfect Mascara Full Definition in Brown ($24), Face Color Enhancing Trio in Lychee ($37), and Shimmering Cream Eye Color in Pale Shell ($25).*

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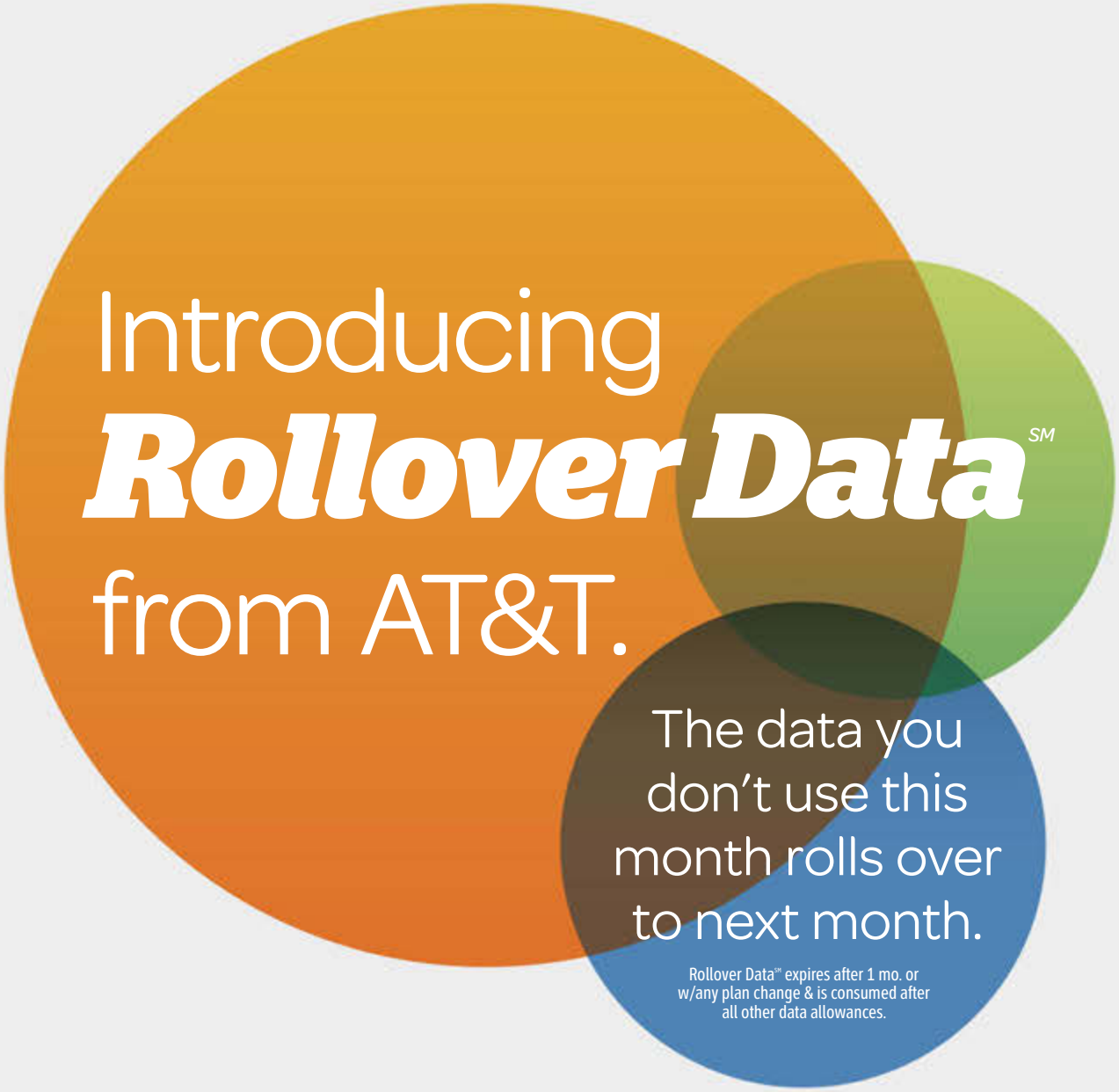
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YOUR SUMMER BODY PREP

BEACH SEASON IS just around the corner, so now is exactly when you should get a jump on your swimsuit tone-up! Go to shape.com for major motivation, fat-melting workouts, and light-but-filling veggie-packed recipes that'll have you feeling totally confident and ready come June.

Fit tips from Hollywood

NOW YOU CAN train like a star with our exclusive workouts and smart body advice from the most sought-after celeb trainers. Visit shape.com/startrainers.



Check out our new beauty videos!

SEE THE BEST WAY to apply moisturizer, make your manicure last longer, tame a bad hair day, and more beauty need-to-knows at shape.com/beautyexpress. Bahar Takhtehchian (that's her above), *Shape* editor-at-large, teams up with beauty pros to demo the easiest tips to enhance your looks.

Worth the hurt?

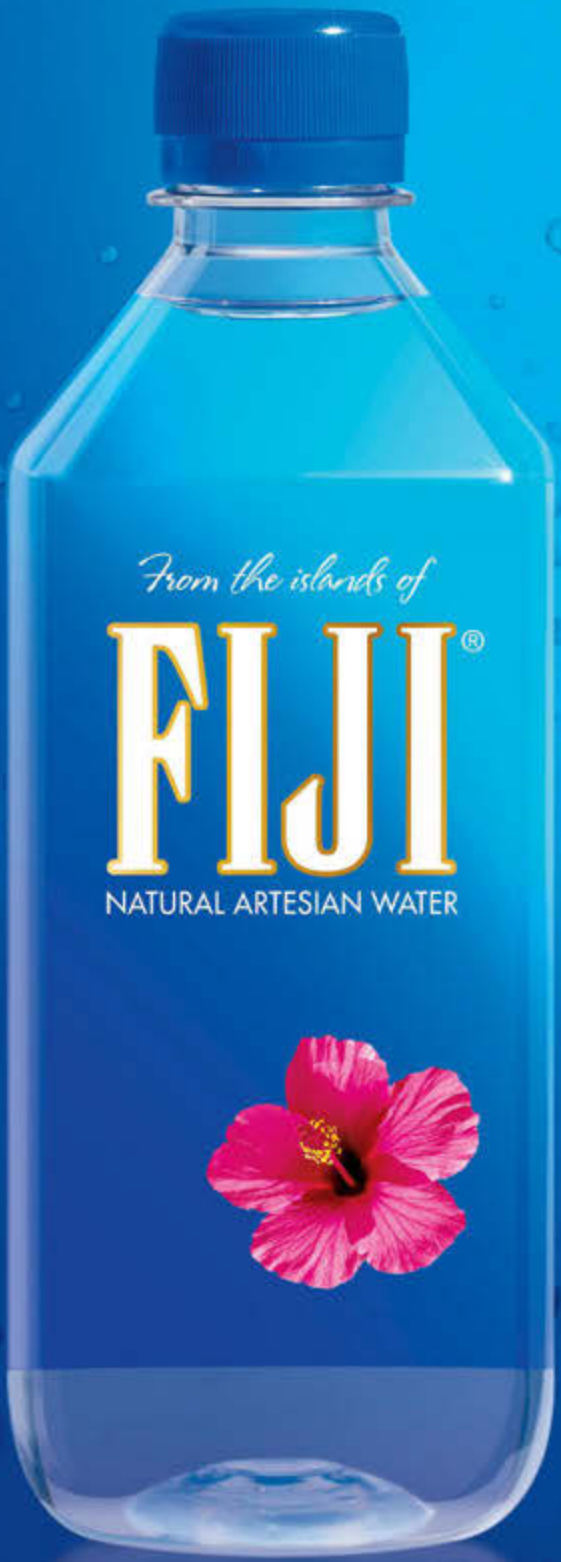
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Jamaica photograph courtesy of Round Hill Hotel and Villas. Finger bite photograph by Laurent Dormon/Trunk Archive. Surf photograph by Bauer Syndication/Trunk Archive

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Everyday Extraordinary



She can relate: Kate Hudson has some awesomely ordinary—and easy-to-replicate—ways to stay fit, healthy, and happy.

AS FAR AS MONTHS GO, March doesn't get enough love. It lacks January's commitment to get up and go (and snow days). February has brevity and romance on its side. March? Not quite winter, not quite spring, and the most famous holiday is one most of us associate with hangovers. In my opinion, though, March is the perfect time to reinvent (or embrace) the everyday, the things you know bring you joy—the kind that comes in small but meaningful doses. We all love those thrilling milestone moments, like getting a new job or heading off on a much-needed vacation. But you know what's *also* incredibly good and joy sustaining? A wow dinner you cook on a Tuesday night (for no other reason than it's a Tuesday night). "Fancy, Easy, Fast," on page 176, delivers exactly that—I promise you've never seen a bean burger look and taste this spectacular. Or what about standard footwear made chic, modern, and dress-up–worthy? Whether you call them sneakers, trainers, or tennis shoes, by any name they will keep your feet and your outfit happy, and you'll find your perfect pair(s) on page 188. Another triumph of the tried-and-true: an old-school workout like kickboxing—which new research finds can deliver even better slimming, sculpting, and strengthening benefits than you get from some of the more newfangled weight-training classes at a high-end gym.



Our kickboxing routine on page 166, shot at the legendary Gleason's Gym in Brooklyn, gets you the results you want from a tough, sweaty workout in a refreshingly back-to-basics way. There's no scented shower gel in the locker room at Gleason's, but shower gel won't build the body that comes from *this* plan.

Speaking of killer bodies, our cover this month features Kate Hudson, two-time *Shape* cover model and one of my all-time favorite actresses. It's not just her impressive pedigree, amazing abs, or Oscar-nominated acting, it's her smart and sustainable approach to healthy living that completes the package. My favorite quote from our interview, starting on page 30, underscores *Shape*'s philosophy that living well—the right way—is truly an everyday endeavor. "Getting healthy is not a two-week process, it's a change of lifestyle." It is indeed.

Elizabeth Goodman Artis
Chief Content Director

I WANT TO HEAR FROM YOU! Email me at **askelizabeth@shape.com** with thoughts, questions, and feedback. Also, follow me on Instagram **@EGAEDITOR** as I chronicle my (very) everyday adventures in cooking, workouts, and cats (and the occasional much-needed vacation).

Photograph by Ondrea Barbe; hair by Bradley Irion/ABTP.com; makeup by Brian Duprey/Judy Casey, Inc. for Nars. Top photograph by Nino Muñoz.

CONSIDER YOUR FOLLICLES

STIMULATED!

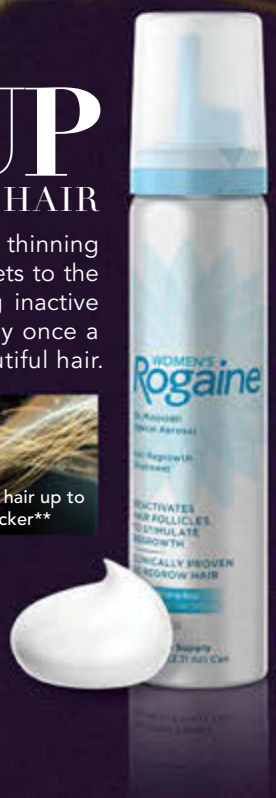
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the fit file

OUR LATEST HEALTHY-LIVING OBSESSIONS

TREK ON
Graphic printed hiking gear, tents, hammocks, and sleeping bags will get you stoked for a night under the stars.

Cooler camping

NOW YOU CAN SWING BETWEEN THE TREES in a stylish tie-dye blue hammock (matching koozie included), then retreat into a fashionable neon zebra-print tent with LED lighting. Snowboarding giant **Burton** teamed up with the camping pros at **Big Agnes** to create a collection of outdoor gear that's slick, not Ranger Rick ($40 to $600; burton.com).



Fit-tech bling

Customize your activity tracker with polished-metal slides by **Bytten**. The company is launching designs this month for the fitness enthusiast who wants to add some elegance, including custom engravable slides for the new **FitBit Charge** and **Charge HR** ($125 to $175; bytten.com). They've also partnered with jewelry designer **Jaclyn Mayer** to create a new ID bracelet–inspired style to encase the **FitBit Flex**. Choose from sweat-proof options in brass, sterling silver, 14K gold, and rose gold.

STEAL THIS MANTRA

"If you want something you never had, you have to do something you've never done."

–Ashley Borden, celebrity trainer, via Twitter @ashleyborden



Ashley photograph by Dorit Thies; Bytten photograph by Jonathon Kambouris; styling by Elizabeth Osborne for Hailey Resources, Inc.



Exploring Taiwan one Step at a time

ROXY

Rosy Hodge Professional Surfer | Wulai District, Taiwan | 24°52'00.5"N 121°33'02.4"E | **#ROXYREADY**



The Best News We've Heard This Month

CURB CRAVINGS in 30 SECONDS FLAT

THERE'S A RIDICULOUSLY easy way to fight food urges: Just tap your forehead with your fingertips, finds research presented at the Obesity Society Annual Meeting. Researchers had participants imagine their favorite foods, then try a few distraction techniques to see if simple behaviors could reduce a desire to indulge. Forehead tapping for just 30 seconds elicited the strongest reaction. "When you replace the image of the food you're craving with the image of your finger and the sensation of tapping, your brain forgets about the food," explains study author Richard Weil, M.Ed., CDE, Director of the Weight Loss Program at Mount Sinai St. Luke's Hospital, NYC.

Greatest gym hairstyle



Sliding headbands, ponytails that hit you in the face, buns that come undone... Unwieldy hair is a major workout buzz-kill. We tapped Nunzio Saviano, stylist and owner of **Nunzio Saviano Salon** in NYC, to create an adorable, easy-to-do style that can withstand inversions during yoga, treadmill sprints, dance cardio, and everything in between. "It gets your hair out of your way, doesn't bounce, and is tight enough so it won't come undone mid-workout, but not too tight that it's distracting or uncomfortable," says Saviano.

MASTER THE DOUBLE-BRAIDED BUN

1. Slick hair into a tight low ponytail at the nape of the neck. **2.** Create two braids from the ponytail and secure each with a rubber band. **3.** Roll one braid at the base of the ponytail and then roll the second in the opposite way, covering the first braid. Secure with pins, and go!

Macaron photograph by Claire Benoist/TheLittleLeaningProject.com. Gym hair photograph by Meredith Jenks. Hairstyling by Nunzio Saviano; makeup by Clorissa Lund/ABTP.com



ABS, STAT Banish belly fat with the calorie-scorching HIIT workouts in Adam's new book, on sale now ($17; amazon.com).

Adam Rosante, trainer and author of The 30-Second Body: Eat Clean. Train Dirty. Live Hard., *out this month, and founder of The People's Bootcamp.*

Would you rather...

Sweat for 20 minutes daily or do three hour-long sessions each week?
"Twenty minutes a day, five days a week. And I'm working every second of those 20 minutes. I like to focus my workouts intensely to maximize my efforts. Plus, I get bored easily. The speed of my workouts keeps my heart rate through the roof, which burns a ton of fat."

Whip up a meal or have someone cook for you?
"Be in the kitchen! It's my happy place. Especially when I'm cooking a big meal for friends. My favorite thing to cook for a group is simple Italian food, like whole roasted fish with fresh herbs, charred Brussels sprouts bruschetta, homemade ricotta, and a little red wine."

Take an active vacay or zen out?
"Active. Preferably surfing. It's like a moving meditation for me. Just being in the ocean hits my reset button like nothing else in the world."

Reflect on the past or look forward to conquering the future?
"The future is informed by our actions of the past. Ignore it at your own risk. But don't dwell. Reflect, learn, plan, and then charge forward."

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NOURISHING SIPS
Real Food Works will deliver its six-bowl soup cleanse full of puréed fresh produce with herbs and spices to your door.

Is souping the new juicing?

SWAP COLD-PRESSED juices for warm, comforting soups, and you'll still get the slimming benefits. Doing a soup cleanse—sipping nutritious broths, and even using special stock at home—is the latest way to give your body a boost. But why switch? Unlike juice cleanses, which contain a lot of natural sugar from fruit, soup cleanses contain little sugar, so you avoid blood-sugar spikes that can cause some people to feel moody, explains Carolyn Brown, M.S., R.D., of Foodtrainers in NYC. Companies like **Real Food Works,** a Philadelphia-based service, offer one-day soup cleanses across the country designed to help you jump-start a lifestyle of healthy eating ($68; realfoodworks.com). They believe the savory bowls are a friendlier way to fast. "Vegetable souping allows you to have a calorie-light day full of healthy ingredients while still getting fiber to keep you full," explains Jennifer Silverberg, head of marketing at Real Food Works. The point is, you'll be less likely to get hangry or slip up and binge. This trend doesn't just speak to the vegetarians out there, though. Newly opened **Brodo,** a broth shop in NYC, offers cups of its signature sipping meat broths with add-ins like ginger juice and shiitake mushroom tea. The broths come from long-cooked bones and are similar to stock. "Bones contain tons of nutrients, like calcium, phosphate, and amino acids not commonly found in meat we eat," says Brown. "Collagen found in bones helps the skin, digestive tract, immune system, heart, and muscles." Sip on it as a snack, or use it in soups in place of stock. Organic food retailer **Pacific Foods** is even offering cartons of bone broth in grocery stores. A serving of its **Chicken and Lemongrass Bone Broth** packs 9g of protein in one serving.



Double-duty fitness apparel

IS IT TOO MUCH TO ASK? Workout clothes chic enough to take you from gym to coffee date; crops with a waistband that won't dig into your lower back when you're doing crunches; technical features that don't throw off your style? Eric Villency, creator of the new fitness apparel line **Feats of Strength** ($38 to $128; featsofstrength.com), says no, and set out to meet our needs. "Instead of making activity-specific apparel like yoga pants or running tights, all of our clothes have these features that ensure they work for any exercise," Villency says. That means you'll feel great no matter what your workout is.

HIDDEN FEATURES Nonfussy apparel with clean lines hides laser-cut vents, cord control for music players, and tucked-away key pockets.



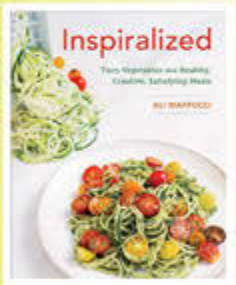
PUMP UP YOUR RUN

THE ICONIC REEBOK Pump technology, launched by the brand in 1989, is back. Except this modern version, the **ZPump Fusion** ($110; reebok.com), takes sneaker technology to the next level: Each time you press the ball pump, you fill a cushy cage that wraps around the top of your foot, creating the effect of a custom shoe for total support. And since no run—and no runner—is ever the same, the pump and release valve can be used to create the perfect amount of compression. Cool and comfy.

Reebok shoe photograph by Jonathon Kambouris; styling by Elizabeth Osborne for Halley Resources, Inc.

INSPIRED VEGGIE DISHES

CAN YOU SPIRALIZE IT? That's the question that started Ali Maffucci, founder of the blog "Inspiralized," on her adventure into spiralized cooking. Maybe you've had zucchini noodles before, but Maffucci will teach you to turn everything from sweet potatoes to jicama into beautiful and nutritious meals, snacks, and sides in her new cookbook, ***Inspiralized*** ($20; amazon.com). Recipes like daikon ramen and beet rice nori rolls minimize carbs and help sneak more vegetables into your diet.



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the hollywood file

HOW CELEBS ARE EATING, SIPPING, SWEATING AND DE-STRESSING THESE DAYS.

Gym-Style Crush

Alessandra Ambrosio

This Victoria's Secret model does the athletic aesthetic so beautifully, it makes us want to wear workout clothes all the time. Let's dissect her look.



Ale draws attention to her long legs with statement tights, but wears a simple top.



Post-yoga street style: Ale wears a roomy hoodie to balance out her tiny spandex shorts.

These beige leggings are so chic, you'd barely know they were meant for the gym. They're perfect for going from Pilates to a café, especially when you add a matching cardigan.



Accessories plus gym clothes equals cool. Ale's rubber watch and woven arm candy is sweatproof and won't scratch.



No obvious gym bag for her. Ale's pick: a structured leather bucket bag with enough space for a change of clothes.

Photographs by Getty Images (3), Splash News (2)



2

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Fit and fierce: Vikings *star Katheryn Winnick*

She doesn't just have a killer body, Winnick has killer instincts—she's a martial arts master! She shares how she does it all.

***SHAPE*: Why martial arts?**
KW: My parents signed us up for Tae Kwon Do classes as a family when I was 7 years old! I think it's so important—for women especially—to know how to defend themselves. Now, I run the WIN KAI Self-Defense program.

***SHAPE*: Any self-defense tips?**
KW: Yes, this magazine can be a weapon! If you're on the bus or the train flipping through the latest *Shape* and feel threatened, roll it up, hold it at the center, and you're ready to kick some butt.

***SHAPE*: Beyond Tae Kwon Do, what are your go-to activities?**
KW: My rule: Move for one hour every day. I'm outdoorsy and love hiking, riding horses, and cycling.

***SHAPE*: Let's talk about food...**
KW: I've been gluten-free for 10 years. I find that it's much easier on the digestive system and I think it's a much healthier way of living.

***SHAPE*: Do you have a mantra?**
KW: "Take me where I need to go. Show me who I need to see. Tell me what I need to do. And do not let me get in the way."



The *it* smoothie

SEA SALT IN YOUR HEALTH shake? Absolutely, says Ron Russell, chef and owner of LA's award-winning SunCafe. "It opens up salivary glands and enhances flavor." Which is why it's one of the "secret" ingredients in his low-calorie Blueberry Chocolate Antioxidant Shake (he shares the recipe below), and the reason healthy stars like Mila Kunis, Anne Hathaway, Julianne Hough, and Lea Michele can't get enough of the stuff.

Blueberry Chocolate Antioxidant Shake

- ½ cup blueberries
- 1 banana
- 1¼ tablespoons raw cacao powder
- ½ teaspoon goji berries
- ½ teaspoon vanilla extract
- 3 tablespoons agave
- Small pinch sea salt
- ⅓ cup water
- 2½ cups ice

Blend all ingredients except ice until smooth. Add ice and re-blend approximately 15 seconds for a thick shake.

STEAL THIS CELEB MANTRA

"Sweat like no one's watching."

Ellie Goulding via Instagram @elliegoulding

Katheryn Winnick photograph by John Russo/Corbis OUTline


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The new way stars work out

GET SOME AIR High-energy moves like squat jumps help you sweat out bad energy, per The Class. You'll also raise your heart rate, which burns fat and calories while sculpting muscle.

IT'S CALLED MOVING MEDITATION, and it's the more think-y approach behind the latest New York City group exercise class (conveniently called "The Class") that's shaping the minds and muscles of red-carpet stunners. (Naomi Watts is a regular to the 75-minute workout.) It goes like this: You do body-weight tone-up moves and cardio bursts while inspirational language reminds you to engage your mind. "As the muscles fire up, it invokes a psychological reaction," explains class creator Taryn Toomey. "We stay in that contraction and then use sound, shaking, and stomping to release the tension in the body and the 'I can't' message in the mind." You're not just getting a stronger and leaner physique, you're setting yourself up to move through your day more mentally connected and clear, Toomey explains. You can try it out during any workout. Simply tune in to what you're feeling physically and directly your mind to help you through it. So, if you swear you can't eke out that last rep, just think of it as a negative feeling that you are working out of the body.

Stylin' sips

Forget bubbly. It's water the Hollywood world is obsessed with these days. And where there's water, there's a superchic eco-friendly bottle to carry it in.



FANCY H_2O
Minka Kelly, Naomi Watts, Hilary Duff, Emmy Rossum, and our cover star, Kate Hudson, are proud owners of **BKR** glass bottles. The easy-to-grip, soft silicone sleeves won't slip out of sweaty hands during Pilates class. The top handle makes it easy-open ($30; mybkr.com).



SOME LIKE IT HOT
Because sometimes you want to bring your coffee to the gym: The colorful stainless steel **S'well** bottles keep drinks hot for 12 hours, or cold for 24. Kaley Cuoco, Whitney Port, and Kelly Ripa have all been spotted sporting one ($25 to $45; swellbottle.com).



THIRSTY NO MORE
Reese Witherspoon, Kirsten Dunst, and Jessica Alba are all fans of **Lifefactory's** glass and silicone bottles. Thanks to the built-in straw, you can make it through a long treadmill session or hot yoga class without lifting a finger to tip the bottle ($24; lifefactory.com).

Celeb photographs by Starrraks photo (9)

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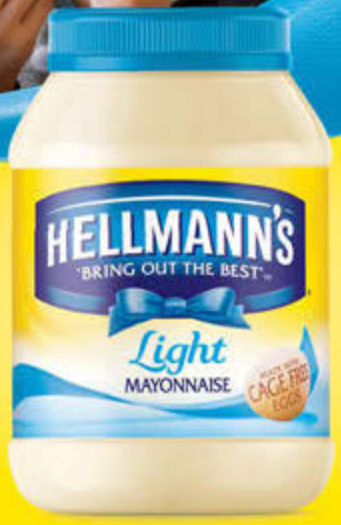




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Kate

Healthier, happier, and hotter (just take a look!) than ever, Kate Hudson is at a prime spot in life. So what does she credit? Coming to terms with a few lingering issues, making some bold choices, and finding the beauty in her body. Listen in.

On her game

By Claire Connors *Photographs by Nino Muñoz*



STAR STYLE
Fabletics tank. **Elizabeth and James** necklace. **Shashi** necklace. **Devon Woodhill** locket.

ASK US TO DESCRIBE KATE HUDSON using one word, and it would have to be "sport." For starters, this mom of two can probably outrun, outdance, out-yoga, and definitely outthrow most amateur athletes. Case in point: As soon as she hit the beach in Malibu, the 35-year-old pulled on a baseball glove and started firing knuckleballs. "Baseball runs in my family," explained the die-hard Yankees fan. "My grandpa owned a team, my pa [stepfather Kurt Russell] and uncle both played pro, and an aunt was a scout. As the only girl growing up in a houseful of boys, I'd have 15 minutes to talk about my dance classes, then the rest of our time was spent on baseball."

But Kate also happens to *be* a good—let's make that great—sport. She's newly single and excited about it as a fresh phase. And though a glamorous superstar, Kate was absolutely A-OK with showing up to this cover shoot with hair streaked bright pink in honor of friends and family who are breast-cancer survivors. Plus, while already phenomenally successful as an actress, Kate's totally up for trying her hand at new ventures, like wine making (she and her ex-fiancé, now business partner, Matt Bellamy, have their own brand, Hudson Bellamy Wines) and designing her athletic clothing line, Fabletics. Oh, and that body? It makes everything she sports—especially if it shows off those tight, toned muscles—look amazing. Here, Kate gives her game plan for staying in that winning mind-set.

Styling by Audrey Slater; hair by David Babaii/Tracey Mattingly for GHD; makeup by Melanie Inglessis/The Magnet Agency for Marc Jacobs Beauty; manicure by Ashlie Johnson/The Wall Group for Chanel

SCAN TO SEE THE SHOOT! DOWNLOAD THE FREE **LOVE MY SHAPE APP** AND SCAN THE PAGE



LET OUT THE GIRLY GIRL

Kate has always competed with the guys in her life. "I was the sister who wanted to keep up," she says. "I was that bungee-jumping, rock-climbing kind of girl. My brothers and I would ski the double black diamond. Now that I look back, I can't believe I did it." Since having her sons, Ryder, 11, and Bingham, 3, Kate has found real satisfaction in being more tame, and, yes, feeling more feminine. "I felt a shift and really don't have the desire to thrill-seek anymore," she explains. "The other day my brother was making fun of me and called me a Gucci skier. He said, 'You're wearing all the right clothes and look good skiing, but when you get down the hill, you're done.' And I thought, 'You know what? It was fun while it lasted, but I don't have to prove myself to you anymore. I'm happy doing what *I* want to do now.'"

"I've always had that girly gene, but I lived with boys. So I'd go out in a party dress looking pretty and come back torn, muddy, and bruised."



ALWAYS STARE DOWN YOUR FEARS

Kate is big on paddle-boarding. But, there's a but. "I'm terrified of sharks—I get really scared when I'm in the Pacific," she says. So what does Kate do? Become immersed in the world of sharks, naturally. "I like to feed my fears. I'm the one glued to the TV during Shark Week, and I've gone on dives to swim near nurse and reef sharks. Murky water, I'm not so good in. But now, as long as I can see them, I'm not as frightened."

"By nature, I've always been a 'dive in the deep end' person. Literally. My mom says as a kid I used to jump in the deep end of the pool without knowing how to swim."

STAR STYLE
Chinti and Parker sweater.
Melissa Odabash shorts.

TAKE ACTION

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CRUSH A FIERCE WORKOUT

"I've been switching up from the softer stuff, like Pilates and yoga, to more aggressive activities like TRX and boxing. I really enjoy sweating it out, and it helps clear my mind," says the longtime exercise lover. To Kate, staying active is critical to keeping a sane perspective and bringing on a good mood. "It's not just about trying to look good physically, it's important to get oxygen to my brain and feel like my blood is really circulating. I love skiing, walking, hiking, and especially riding my bike. It makes me feel like I'm a kid again!"

RECLAIM REAL FOOD

Diet? "I hate the idea," says Kate. "It puts so much pressure on people to lose weight quickly. Getting healthy is not a two-week process, it's a change of lifestyle." And while she could easily have a cook whip up dinner for her, or order in from the best restaurants, Kate insists on making most of her family's meals. "Food is wonderful and amazing and yummy," she says. "Taking the time to cook your own food and enjoying the process of feeding yourself can change your life."

OWN SOME CHICKENS

"I have five chickens at my house!" says the amateur farmer. "I gather eggs all day long. My typical breakfast: I start with two 4½-minute eggs, gluten-free toast, half an avocado, and if I'm really hungry, tomatoes with cottage cheese."

ALSO, NEVER PASS UP WINE

Though there's a trick Kate learned to being able to sip without it all going to her hips. "I was at my favorite French restaurant in Paris, and I was eating everything I love," she recalls. "Steak, fries, lots of wine. Then the dessert came, and I was having strawberries and cream pastries plus the wine." In the middle of her decadent indulgence, a svelte, sophisticated woman approached her table. "I didn't even know who she was, but she said, 'No, darling.' Then she pointed to my glass of wine. 'This is your piece of cake. That's how you should be thinking.' And I always try to remember that: Everything in moderation!"



STAR STYLE
Roseanna top from a selection at Barneys New York. **Haute Hippie** shorts.

"If you want to know a part of my family, rent the doc *The Battered Bastards of Baseball*. That pretty much sums us up."

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KNOW YOUR OWN HEART

Passion is a huge motivator for Kate. Recently, she was honored by *People* magazine for her important work with the Hawn Foundation (an education philanthropy founded by her mom, Goldie Hawn, where she's a board member), plus other charities in which she's involved. And then there's her Fabletics athletic line. In addition to designing clothes that are affordable and fit every woman's body type—thank you, Kate!—she's created a community that inspires women to set goals and achieve them. "I go to #fabletics and see all of these girls doing insane poses and read about their objectives, and I'm amazed," she says. "I always thought I was doing this to give back, but they're truly the ones giving back to me."

FIND ZEN, ANYWHERE

Ask Kate the age-old question about the trick to balancing a hectic career and being a mom and she bursts out laughing. "A balancing 'act' is exactly what it is!" she says. "One minute, you're on top of the world, and the next, you're hit with the flu, and everything goes down from there." Her standby for keeping calm is meditation. "My mom did it when I was a kid. She taught me to take time for myself and be alone. Sometimes it's just staring at a wall, but if you can really be quiet, that's when you start to refocus." Of course, it isn't easy with two kids seeking her attention. "Suddenly they're like, 'Mom!' 'Mom!' '*Mom*!' So it can be challenging," she says, "but that's life, isn't it?"

"Dance is one of my favorite ways to express myself. But the very discipline of it—continuously pushing to be better—is what I love about it."


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Look hot from every angle

Melt away fat and get great abs, obliques, and a sexy back with this clever twist on core moves. By Jaclyn Emerick

A FLAT, TONED STOMACH is the holy grail of fitness payoffs. It's also really tough to get—and, contrary to what you may think, doing hundreds of crunches won't help. "The best way to sculpt your middle is to do big, high-energy movements that use all major core muscles at once," says Madison Doubroff, director of Bionic Body in Hermosa Beach, CA, and a master trainer for Fabletics, an activewear company cofounded by our cover star, Kate Hudson. Based on this approach, Doubroff created a routine he does regularly with Fabletics' chief stylist, Ginger Ressler. Her motivation: "As a working mom, it's imperative I keep my core strong so I can keep up with my kids and the demands of working on the Fabletics business. Focusing on our core not only helps us women feel great about our bodies, but also helps to prevent back problems, maintain great posture, and keep us resilient for all of our daily rituals." Here, the former track athlete and fitness model demos the moves for you.

The key to this workout's effectiveness: Each exercise puts you off-balance to make stabilizer muscles fire all through your body, explains Doubroff. Perform each one as fast as you can with good form to keep your heart rate high for serious core toning *and* fat melting.

8 MOVES

1) CRAB-WALK REACH

Works shoulders, back, abs, butt, hamstrings

Sit with knees bent, feet flat, palms on floor behind you with fingertips facing away from body. Press into hands and feet to lift butt 2 inches off floor to start. Rise up to tabletop as you extend left arm behind you, gazing at hand **[shown].** Lower to starting position. Switch sides; repeat. Continue alternating sides for 40 to 60 seconds.



STYLE NOTES
Fabletics bra top and leggings. Asics sneakers.

YOUR PLAN

THE CIRCUIT
Do each move for 40 to 60 seconds, in order

REST
1.5 to 2 minutes between sets

SETS
2 or 3

FREQUENCY
3 times a week on alternate days

YOU'LL NEED
A stability ball

Photographs by Ari Michelson





"If this ever feels easy, go faster or go longer," Doubroff says. "The more you challenge yourself and the more energy you expend, the better your results will be."

Hair and makeup by Lauren Lancaster/Celestine Agency

A↑ B↓ C→

2) SINGLE-LEG BURPEE

Works shoulders, chest, biceps, abs, butt, thighs, calves

Stand on left leg, arms at sides. Crouch, place palms on floor **[A],** jump left leg back to single-leg plank (keep right knee bent and foot off floor) **[B],** lower chest to floor, press up, hop foot forward, then jump **[C].** Without letting right leg touch the floor, repeat for 20 to 30 seconds. Switch sides; repeat.





A/B

3) SINGLE-LEG SQUAT TWIST

Works abs,obliques, butt, quads

Stand on right leg with left knee bent and foot behind you, hands at sides to start **[A].** Squat and rotate your torso right, bringing hands outside of right foot, keeping hips square **[B].** Return to starting position. Without lowering left foot, repeat for 20 to 30 seconds. Switch sides; repeat.



A B

4) CURTSY-SQUAT KNEE DRIVE

Works abs, obliques, butt, quads, inner thighs

Stand on left leg, hands at chest with elbows bent to start. Bend left knee and reach right leg behind and across left as far as you can **[A].** Stand and drive right knee up to hip height **[B].** Return to starting position. Without lowering right foot, repeat for 20 to 30 seconds. Switch sides; repeat.



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A↑ B↘

5) PLANK ROLL-OUT TO PIKE

Works shoulders, back, abs, butt, quads

Start in plank with shins on ball. Press into palms to roll back until ball rests on thighs and body forms an inverted diagonal line **[A].** Drag ball forward, coming up to balls of feet so body forms an inverted V **[B].** Return to starting position. Repeat for 40 to 60 seconds.



SIZE MATTERS

The right-size ball should be a bit taller than your knees when you're standing next to it; when you sit on it, your knees should bend 90 degrees (it'll feel like you're sitting comfortably in a chair).

A↙ B↓

6) SINGLE-LEG BRIDGE

Works abs, butt, hamstrings

Sit with back against ball, knees bent, feet flat and hip-width apart. Lift hips so body forms a straight line from shoulders to knees (head, shoulders, and upper back rest on ball); place hands on hips **[A].** Extend right leg out in line with left knee, foot flexed **[B].** Lower leg. Switch sides; repeat. Continue alternating sides for 40 to 60 seconds.





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A B

7) ROTATING BRIDGE

Works abs, obliques, butt, hamstrings

Sit with back against ball, knees bent, feet flat and hip-width apart. Lift hips so body forms a straight line from shoulders to knees (head, shoulders, and upper back rest on ball); extend arms up, palms together to start **[A].** Rotate torso to right and extend right leg to right **[B].** Return to starting position. Switch sides; repeat. Continue alternating sides for 40 to 60 seconds.





A B

8) PLANK PULL-THROUGH EXTENSION

Works shoulders, abs, obliques, butt, quads

Start in plank with shins on ball. Draw right knee toward left elbow **[A],** then extend right leg back and up, opening hip but keeping shoulders square **[B].** Repeat for 20 to 30 seconds. Switch sides; repeat.


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Your Beauty Guide

look great



Get a sporty-girl glow

You know how when you work out, your skin gets radiant, cheeks rosy—your whole face is fresh and pretty? Use these pro tips to re-create that look *outside* the gym.

By Kate Sandoval Box

Photographs by Arthur Belebeau

BEAUTY ON THE SPRING RUNWAYS used your gym routine as inspiration, celebrating the idea that fit women are the most beautiful. When you work out, it shows in your skin, says NYC makeup artist Alice Lane. These sporty makeup tips enhance that natural healthy, happy look.





Dewy skin

THE LOOK: *Gleamy, not steamy (think: five minutes into yoga, not 30 minutes into Spin)*

THE TRICK: "Hydration is the key component to dewy skin," says Lane. So forgo foundation and apply a tinted moisturizer, which has emollient ingredients and tone-evening pigment in one formula to create healthy suppleness. Apply only where you need it—it's not natural when you're overly made up, says Chanel makeup artist Kate Lee. Brush a very fine highlighting powder along cheekbones to boost the glow even more. Or use a clear balm (like **Aquaphor**, $5; drugstores) for a similar sheen.

GET IT Even out skin tone with **BareMinerals Complexion Rescue Tinted Hydrating Gel Cream** ($29; bareminerals.com), then dust your cheekbones with **M.A.C and Bao Bao Wan Iridescent Powder in Summer Opal** ($28; maccosmetics.com).



Juicy lips

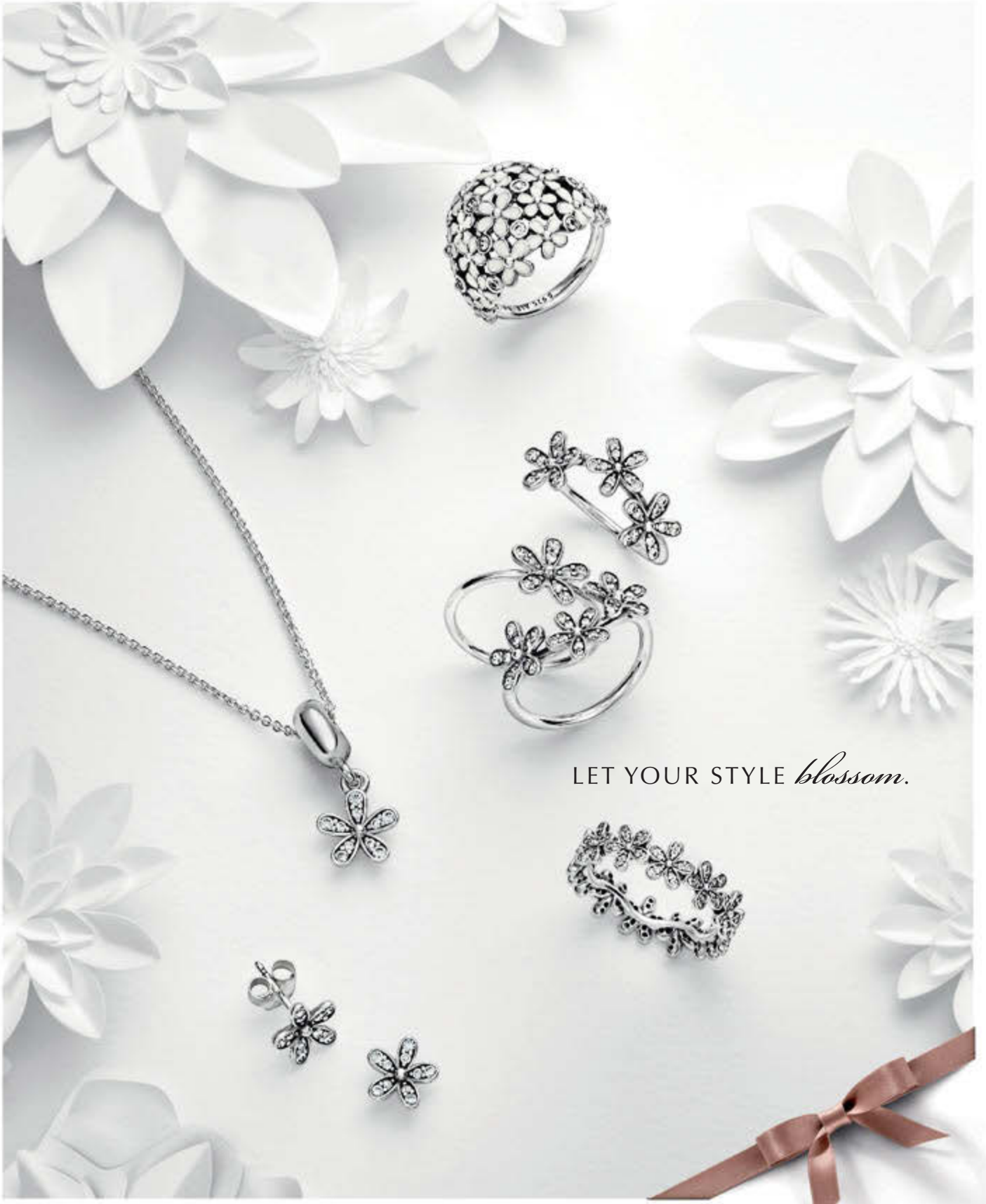
THE LOOK: *Fresh and vibrant, but lipstick-free—as if stained by your post-match berry smoothie*

THE TRICK: Skip the lip liner. "It's too precise," says Lane. Instead, use your pointer finger to dab a raspberry-hued lipstick onto the center of your lips, then blend out to the edges of your mouth. The slightly imperfect technique gives you that my-lips-are-always-this-color result.

GET THEM
A semi-sheer, moisturizing lipstick, like **Chantecaille Hydra Chic Lipstick in Saxifrage** ($35; chantecaille.com), is the easiest formula to smooth across lips with your finger.



Hair by Herve/Sarah Laird & Good Company for Davines; makeup by Keiko Takagi/Art Department using Chanel Rouge Coco; manicure by Julie Kandalec/Bryan Bantry for Chanel le Vernis. Still-life photographs by Claire Benoist. Styling by Sarah Guido-Looks for Hailey Resources, Inc. Lacoste top; 2XU visor



Style comes naturally with our freshly picked favorites from PANDORA's new Spring Collection. Inspired by nature's beauty, this collection is full of delicate details and exquisite flowers, blooming in .925 sterling silver & 14K gold. Discover your personal style at PANDORA.NET.

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Natural brows & eyelashes

THE LOOK: *The post-swim effect on lashes and brows—because they never seem as dark or subtly pretty as when they're wet*

THE TRICK: Brush a clear brow gel through brows, pushing hairs up (use cuticle scissors to trim if needed). "Angling brows upward creates the athletic look you want," says Lee. Now, for your lashes: With a classic eyelash curler (like **Revlon Gold Series Lash Curler,** $10; drugstores), "squeeze at the roots, then again midway up for the most gentle curve," says Lee. Immediately after, apply a quick flick of black mascara to both top and bottom lashes for a dark, defined look.



GET THEM

A curling mascara will help hold your curl long term. **Benefit Roller Lash Super-curling & Lifting Mascara** ($24; sephora.com) contains a polymer that shrinks as it dries to curl lashes and keep them that way.

Flushed cheeks

THE LOOK: *A pop of pink blush on the apples of your cheeks to mimic the brightness you get from exercising*

THE TRICK: You'll need a cream or gel blush since "heavy powders sit on top of your skin, erasing the dewy effect you're after," says Lee. Pick a shade that matches the color your skin turns when you pinch your cheeks. Dot it on each cheek, focusing it on the tops of the apples (under your eyes) since that's the area that turns the most rosy when your heart rate spikes. Spread the dot out in a big circle with your fingers. "The warmth of your hand makes the blush melt into your skin, which helps it look like the color comes from within," Lee says. Worthy extra step: Tap a bit of blush over the bridge of your nose too, Lee says, "because that's another area where you flush when you work out."

GET THEM

A gel blush soaks into skin for a whisper-weight look that lasts for hours. **Dior Cheek & Lip Glow** ($37; dior.com) has a tint that adjusts based on your chemistry to deliver your most flattering shade.



Ray-Ban sunglasses; Rebecca Minkoff top



§ Meratrim® is intended to be used according to the procedure in the clinical study. The 8-week study was conducted in India on adults with an average BMI of 34 and between the ages of 21-50 years old. Study participants took Meratrim twice daily, consumed a prescribed 2,000 calorie per day diet (61% carbohydrates, 14% protein and 25% fat) and exercised 30 minutes per day 5 days a week. This study has only been shown effective for adults who have an average BMI of 34. Check with your healthcare professional before starting a reduced calorie diet and exercise program or before taking product if you are pregnant, nursing under a doctor's care or taking medication. *These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. **www.statisticbrain.com

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GNC LIVE WELL



5 questions for manicurist Tracylee

When clients like Cate Blanchett and Cameron Diaz entrust you with their nails, you've officially reached Guru status. Here, how the Sally Hansen nail ambassador clawed her way to the top—plus her nail essentials, manicure secrets, and more.

By Kate Sandoval Box

SO HOW DOES ONE EVEN BECOME A CELEBRITY MANICURIST?

Starting at 5 years old, I was a serious gymnast. My senior year of high school I had a really bad accident while competing and was told I'd never be able to do gymnastics again. I lost my full ride to Penn State, then went into a depression and never attended college. I started spending hours doing my nails every day; I taught myself how to do linen wraps and nail art. I decided to go to nail school and a year later, at age 22, opened my own salon in Clifton, New Jersey. One day I saw a Craigslist ad casting a makeover show, and I was chosen. The show's hairstylist introduced me to her agent, and just a few months later I was on a magazine photo shoot with Olivia Wilde.

And what's a typical work week like now?

I spend three to four days a week on shoots or movie sets, and squeeze in appointments with private clients. When I was shooting with Cate and Cameron, they had nail-lengthening enhancements, so I didn't have to be on set daily. But there can be a nail emergency—I've been called to the set at 5 a.m. to fix a nail!

You're such a master of nail art—do you practice on your own nails?

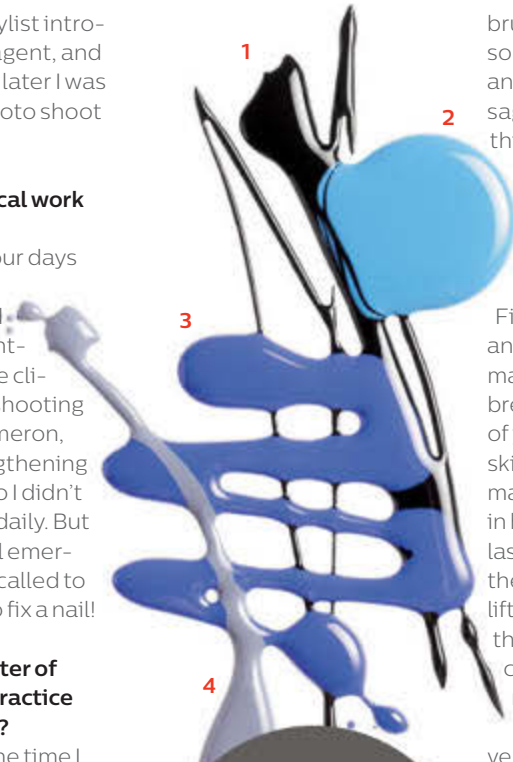
I do, but most of the time I don't wear polish, so I care a lot about how my nails look "nude." I put cuticle oil on them—no joke—10 times a day. It's *the* secret to healthy nails. I hold the cuticle oil brush upside down, pull some oil off it with my thumb and pointer finger, then massage that into my cuticles—this lets me control how much I put on, so my fingers never get too greasy.

What manicure mistakes drive you crazy?

First is filing the nails in an unnatural shape, which makes them prone to breakage; match the shape of your cuticle. Second is skipping the base coat. It makes a huge difference in how long your polish lasts because it prevents the oil in your nails from lifting off the color. And third is painting on thick coats of polish, which never dry properly. It's best to do three very thin coats.

Is there a color you wish more people would try?

Black. It's my go-to right now. It's cool and goes with everything.



TRACYLEE'S PICKS

1) Sally Hansen Patent Gloss in Vinyl, and **2) Miracle Gel in Hydro Electric** and **3) Tidal Wave,** and **4) Triple Shine in Wet Suit,** $5 to $8 each; drugstores

Tracylee photograph by Patrick Randak; hair by Jonathan Mason for ABTP.com; makeup by Virgina Linzee for Ray Brown Pro. Still-life photograph by Claire Benoist

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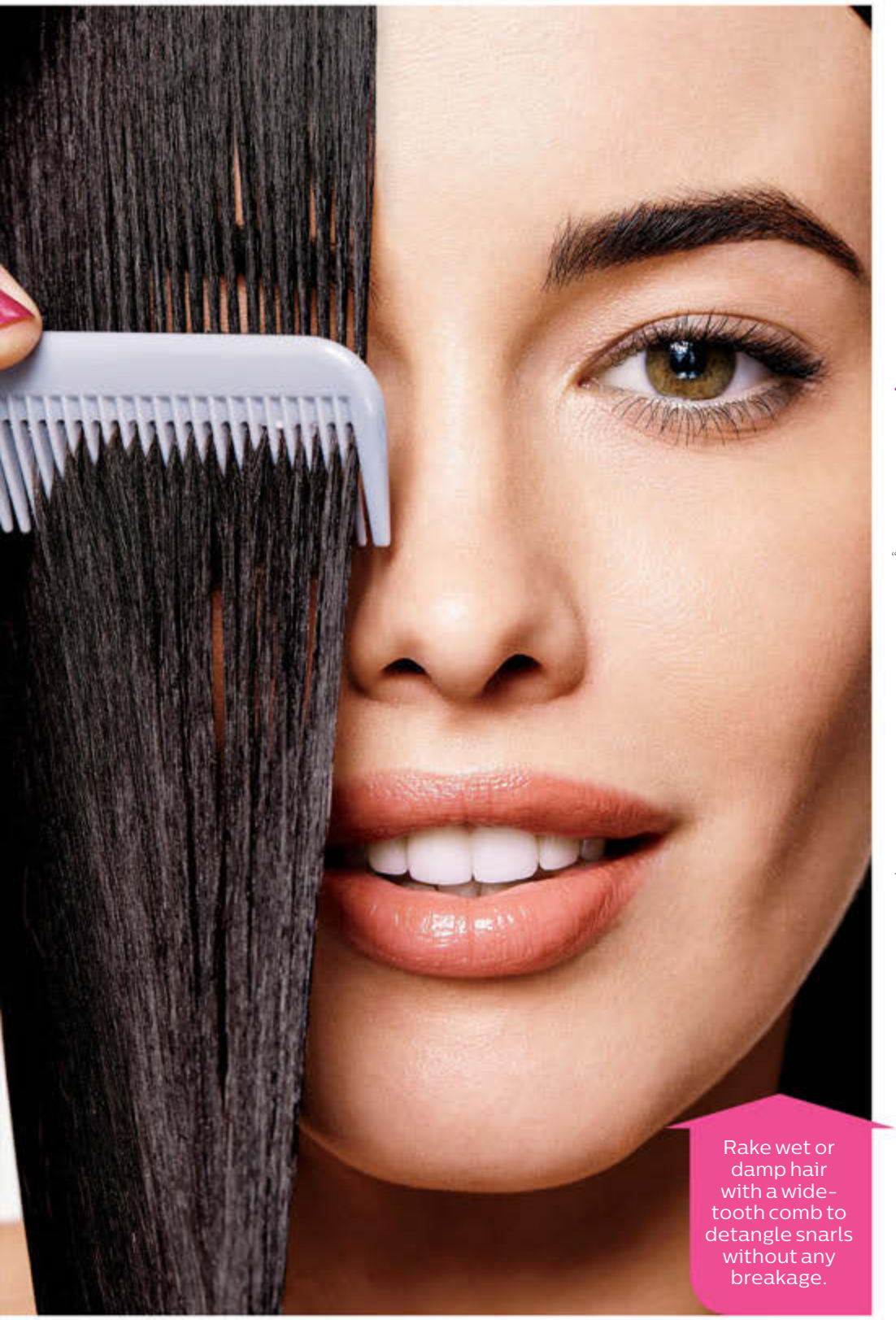
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Detox your hair!

Now is the time to undo winter damage (split ends, brittleness, wind-induced breakage) and bring your strands back to bouncy, shiny life. We have your one-month reboot plan.
by Kelsey Castañon



Rake wet or damp hair with a wide-tooth comb to detangle snarls without any breakage.

STARTING NOW

Protect yourself from bad influences

Heat-styling tools get a serious workout in winter since you're not going to brave the cold with dripping wet hair. "Blow-drying and flat-ironing regularly does damage quickly," says Sunnie Brook, celebrity hairstylist for Head & Shoulders. We're not asking you to shelve your stash, but do shield yourself from the daily assault by spritzing on a heat protecting spray every time you style your hair. We like **Alterna Caviar Repair Multi-Vitaimn Heat Protection Spray** ($30; sephora.com in April); it's loaded with strengthening antioxidants like biotin and vitamin E, and protects hair from temps up to 450 degrees. If you can live without your heat tools for a few days, consider the time in between shampoos your opportunity to change up your look. "You can do a half-up style or braid the day after washing, and then a bun or pony the next," says Brook. One thing to purge completely during a hair detox: alcohol-based hairsprays, which can dry out the hair's cuticle layer and lead to serious brittleness.

Photographs by Arthur Belebeau


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EVERY DAY

Eat more protein

Hair is made mostly of protein, so up your intake of this macronutrient to at least 46 grams a day, says Francesca Fusco, M.D., dermatologist for Clear Scalp & Hair. (When you eat too little, you run the risk of excess shedding.) The usual sources—eggs, meat, poultry, beans, nuts—work, but a vitamin-packed supplement like **Nature's Bounty Optimal Solutions Hair, Skin & Nails Gummies** ($8; drugstores) has targeted ingredients like biotin to stimulate hair growth. For a healthy scalp, add in avocados and fatty fish like salmon: They're rich in omega-3s that boost scalp circulation, which delivers needed

EVERY TIME YOU SHAMPOO

Condition your scalp

The root of all your hair's problems may literally be at its roots. "Chilly temperatures dehydrate your skin, including your scalp, which can lead to dandruff and dryness," Fusco says. "Switch out your shampoo for one that contains zinc—it's a multitasking ingredient that has a hydrating effect on the scalp." She recommends **Clear Scalp & Hair Active Damage Resist Ultra Nourishing Shampoo** ($6; drugstores). Follow it with conditioner, which you should work into your roots as well. (For a lightweight formula that won't weigh down hair, try **Herbal Essences Wild Naturals Detoxifying Conditioner,** $6; drugstores.)

ONCE A WEEK

Treat with a mask

The moisture-stripping cold air and intense winter wind has left your hair brittle. To reverse the abuse, you need deep conditioning. Once a week for the next month, Brook recommends that you apply a mask to damp hair from mid-shaft to the ends. Leave the mask on for at least 10 to 15 minutes so it has time to coat the cuticle with moisture and rebuild the weakened strands. Top picks: **John Frieda Frizz Ease Miraculous Recovery Deep Conditioner** ($10; drugstores) and **It's a 10 Silk Express Miracle Silk Hair Mask** ($35; ulta.com).

ONCE THIS MONTH

Make amends with your ends

Split ends make strands look damaged and ratty. Before your hair reaches its breaking point (literally!), book a trim. "Every two months is generally the rule, but post-winter, you should go in every four to six weeks, especially if you had a recent love affair with your heat-styling tools," says Brook. If you're trying to grow out your hair, go to the salon for a "dusting," which means a quarter-inch trim. To nourish ends between appointments, try a split-end mender like **Oribe Split End Seal** ($46; oribe.com) or **Nexxus New York Salon Care Promend Targeted Leave In Crème** ($18; drugstores); both contain polymers to temporarily fuse split tips back together.

DIY SCALP SCRUB

You need to slough away dead skin cells and product buildup on your scalp to allow your conditioners to penetrate—and therefore work—better. Squeeze shampoo into your palm, then mix in a tablespoon of granulated sugar. Massage the concoction with your fingertips onto your head to exfoliate, says Fusco. "The sugar will just melt away and rinse out, leaving your scalp clean and clear of residue."

Hair by Herve/Sarah Laird & Good Company for Davines; makeup by Keiko Takagi/Art Department using Chanel Rouge Coco; manicure by Julie Kandalec/Bryon Bantry for Chanel le Vernis

Go ahead, be fabulous. Just protect yourself.



When you're out in the sun be sure to protect your skin. Shade, sunscreen, and a cover-up can go a long way to helping your natural beauty shine through.

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Baths with benefits

A steamy soak is exactly what you need after a hard-core workout or a taxing day, and adding an elixir to the warm water can make the bliss that much better. Choose your goal, below—be it a better mood, more pep, or a relaxed body and softer skin—then pour accordingly.



YOU'RE TUBBING TO...	ADD...	TRY...
Lift your mood (and get in the mood!)	A scoop of something with peppermint or ylang-ylang extract—both are known to elevate spirits, while the latter can also be an aphrodisiac.	**[1] FIG+YARROW Pink Love Salts** ($32; figandyarrow.com)
Boost your energy	A few splashes of grapefruit, juniper berry, or rosemary extract; they smell invigorating and help to rev circulation.	**[2] Elemental Herbology Detox Botanical Bathing Infusion** ($35; elementalherbology.com)
Soothe dry skin and sore muscles	A sprinkle of lavender-spiked mineral salts; the magnesium-and-sulfate-rich salts reduce inflammation, draw out toxins, and soften skin.	**[3] L'Occitane Aromachologie Relaxing Bath Salts** ($24; usa.loccitane.com)

Model photograph by Chris Craymer/Trunk Archive. Still-life photograph by Claire Benoist; styling by Sarah Guido-Lookso for Halley Resources, Inc.

YOU'LL WANT THESE NOW

New wrinkle breakthroughs The latest at-home treatments deliver smooth-looking skin in minutes. The first, **Roloxin Lift**, is the closest thing we've seen to a "face-lift in a jar"—or really, a packet: Massage the pouch for 30 seconds to activate the ingredients, then smooth the cream on your skin and wait seven to 10 minutes. As it dries, silica particles form an invisible latticework that pulls skin taut for up to 24 hours ($110 for 10 treatments; roloxin.com). Another genius product is a **blur cream,** which has light-reflecting particles—so tiny they're not shimmery—that diffuse fine lines. Put directly on skin or over makeup. Our favorite, **Murad Invisiblur Perfecting Shield** ($65; murad.com), has an SPF 30, yet is totally sheer. Of course, both of these products are temporary; for long-term effects, try an anti-aging cream such as **SeroVital Day and Night Total Facial Rejuvenation System** ($135; serovital.com). It has an amino acid complex that promotes collagen, tightens, and smooths over time.



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Soap stars

Your shower gel has some competition. The new, not-so-basic bars can purge pores, brighten skin, reduce stress, and even wash hair.
By Kelsey Castañon

1 GET A SMOOTHER, HIS-AND-HERS SHAVE

Molton Brown Moisture-rich Aloe & Karité Ultrabar ($22; moltonbrown.com) creates a foamy, lightweight lather and doubles as a shaving cream. Plus, your man will appreciate the luscious, woody scent.

2 JUST RELAX

Earth Therapeutics Anti-Stress Soap ($5; earththerapeutics.net) is the perfect post-workout soap: It has wide, circular nubs that massage tense muscles, while the lavender and chamomile scent helps your mind chill.

3 STRENGTHEN YOUR HAIR

On wet hair, rub **Lush Solid Shampoo in Braziliant** ($10; lushusa.com) around the scalp and work into a lather. It's loaded with conditioning oils to keep hair strong and silky, and the orange scent makes it a crisp pick-me-up.

4 FEEL REFRESHED

Like a just-cut slice of cucumber, **Soapology NYC Cucumber Soap Bar** ($6.50; soapologynyc.com) smells as cool as it looks—and it's also loaded with moisturizing glycerin.

5 BRIGHTEN UP

The creamy **Chanel Le Blanc Brightening Pearl Soap** ($60; chanel.com) is packed with pearl extract, which counteracts dullness so skin looks luminous.

6 BANISH BLACKHEADS

Charcoal is a powerful purifier that absorbs pollutants, dirt, and oils. It's what gives the **Bioré Pore Penetrating Charcoal Bar** ($6.50; drugstores) its deep anthracite hue—and its pore-clearing power.

Styling by Sarah Guido-Lookso for Halley Resources, Inc.

Photograph by Claire Benoist



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How can I get baby-smooth skin again?



YOUTHFUL IDEAL Get reborn skin with gently exfoliating alpha hydroxy acids.

There are peels, and then there are *peels*. The peels that give the most dramatic results (fewer wrinkles and dark spots, smoother skin) will cost you dearly in downtime and discomfort—and can increase your risk of complications. It may seem like you can't win. What we all want is a treatment that helps remove wrinkles, lighten dark spots, and smooth the skin on your face—but without weeks of redness, peeling, flaking, and hyperpigmentation.

Actually, it already exists. Simple acid peels can yield great results without disturbing the routine of your daily life. In my office, we have been performing the Youth Corridor Day Peel for years. Our version contains a gentle but effective mix of alpha hydroxy acids—both lactic and trichloroacetic acid (TCA)—balanced out with a trace amount of other active ingredients, including kojic acid, which helps to reduce pigment irregularities. Still, the diluted lactic acid and TCA are the tried-and-true, game-changing ingredients.

Lactic acid peels have actually been around forever. It has been said that Cleopatra bathed in milk for its restorative properties. She didn't know it, but she was giving herself a peel since lactic acid is derived from sour milk. The acid helps to maintain the skin's pH level, exfoliate dead cells, and smooth the skin. It's also gentler than glycolic acid, so it's less irritating to sensitive skin. And in a peel, it requires less downtime. TCA, usually diluted to 6 percent, helps to generate new skin cells and encourage collagen growth and alignment—which means it can correct fine lines and wrinkles.

Now that you know what's in the peel, here's how it's done: Before the treatment, our estheticians exfoliate the skin with a process called dermaplaning, which increases the effectiveness of the peel. Then they apply the diluted acid solution. It's painless, except for a slight tingling sensation you'll feel while the acid is on your skin. The procedure takes 40 minutes, and other than transient redness, the only sign of having had the treatment is glowing, healthy-looking skin.

As with any peel, immediate sun exposure is prohibited, and sunblock must be used daily. Best results are achieved when the peel is repeated once a month for three to six months because each peel builds on the previous one. By the end, you're left with skin that feels smoother as well as reduced pores, dark spots, and wrinkles—without pain or downtime. What could be better?

The right peel removes wrinkles and spots without sending you into hiding while you recover.

Gerald Imber, M.D., is a renowned plastic surgeon to the stars, an author, and a teacher. He heads a private clinic in New York City and is affiliated with the Weill-Cornell Medical College. Imber is cited by Castle Connolly and U.S. News as among the top 1 percent of plastic surgeons in the country. His philosophy, "The Youth Corridor," is defined as the period of life when you look your healthy, youthful best. His book of the same name can be purchased at amazon.com and is also available at Books for iPad including instructional videos.

Have a question for Dr. Imber? Email him at info@drimber.com.

Photograph by Agefoto Stock

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Younger skin, shinier hair, stronger nails—the latest brilliant products are designed to work while you sleep, when your cells naturally go into restore-and-repair mode. These deliver overnight success—with minimal prep work.

By Kelsey Castañon



PREP TIME 2 MINUTES

FOR EASY TOUSLED WAVES, like the ones above, try this quick trick: Take a shower before bed, then weave damp hair into one low, loose braid (two side braids will give you tighter waves). In the morning, unbraid, muss with your fingers, spritz on a shine-enhancing spray, and go.



PREP TIME 2 MINUTES

A cellulite-free bum

Lierac Body Slim Night ($59; lierac-usa.com) targets the dimpled skin with time-released caffeine and collagen-revving peptides, minimizing that dreaded cottage cheese look.



PREP TIME 15 SECONDS

A youthful radiance

Skin renewal kicks into overdrive while you sleep, making it the best time for a supercharged mask treatment. **Olay Regenerist Luminous Overnight Mask** ($26; olay.com) contains heavy-duty hydrators like glycerin and vitamin E—plus brightening mulberry extract—but won't leave behind any goop or grease on your pillow.



PREP TIME 20 SECONDS

Smooth skin

Packed with 12 gently exfoliating AHAs—including glycolic, lactic, and citric acids—**Ole Henriksen Invigorating Night Treatment** ($45; sephora.com) resurfaces and softens the appearance of fine lines.



Silky, healthy hair

Coat damp or dry locks with **René Furterer Karité Intense Overnight Nourishing Treatment Leave-In** ($33; renefurtererusa.com). The vitamin-rich formula injects shea butters into your strands to reverse overprocessing and repair damage.

PREP TIME 30 SECONDS



PREP TIME 1 MINUTE

Strong nails

The hydrating marula oil in **Ciaté Knight in Shining Armour** ($17; sephora.com) seeps into nail enamel overnight to eradicate brittleness with just one coat.

Model photograph by Ondrea Barbe/Trunk Archive



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"I am 34 and teach hot yoga, so lately it's been hard to keep my skin hydrated. I noticed in the past year that my skin was changing – I had more dryness, fine lines, and a less smooth texture overall. I tried a dozen different high-end products and nothing was really impressive. On a whim I decided to grab some Bio-Oil and try it on a scar... it had such a beautiful consistency and delicate, natural fragrance that I decided to try it on my face. I've been using it for a few weeks now and I can't rave about it enough. My only regret with Bio-Oil is that I didn't start using it at birth! It's perfect!" Erin Moraghan

Bio-Oil® is a specialist moisturizing oil formulated to help improve the appearance of scars, stretch marks and uneven skin tone. Its unique formulation, which contains the breakthrough ingredient PurCellin Oil™, also helps improve the appearance of aging and dehydrated skin. For additional product information, please visit bio-oilusa.com. Bio-Oil is available at drugstores and leading retailers at the recommended selling price of $11.99 (2fl.oz.). Individual results will vary.

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Your Style Guide

look great

BODY SHOP

You in... neoprene

The wetsuit fabric compresses, smooths, and reveals your figure—it's like shapewear that you don't have to hide. These outfits will inspire you to dive right into the season's most flattering trend.



MIKOH wetsuit ($350; mikoh.com). **Zac Posen skirt** ($1,290; 212-925-1263). **Cole Haan shoes** ($278; colehaan.com).

Hair by Jonathan Mason/ABTP.com using R+Co; makeup by Clarissa Luna/ABTP.com using L'Oréal

Photographs by Meredith Jenks



Bar III top ($50; macys.com). Guess skirt ($59; guess.com). Cole Haan shoes ($248; colehaan.com).

Normally white is a bit see-through; not so here thanks to the opacity of the fabric.

RD Style sweater ($80; flightclothingboutique.com). Armani Exchange skirt ($89; armaniexchange.com). Dune London sandals ($95; dunelondon.com).

Burberry blazer ($1,395; burberry.com). Veda shirt ($110; thisisveda.com). Muther of All Things tights ($229; mutherofallthings.com). Diane von Furstenberg heels ($325; dvf.com).

KEEP IT SIMPLE Choose neoprene pieces that come in classic shapes—like these slim pants and this peplum top, pencil skirt, and flared skirt (basically, the type of things you'd wear to work). Anything too unstructured or avant-garde competes with the coolness of the scuba fabric and distracts from your body.


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KEEP IT SEMIFITTED Body-conscious clothes don't have to be skintight. Both of these cute dresses and this white cut-out jacket are made of neoprene, yet all of them just skim your figure's curves thanks to the thickness of the material, which also means it doesn't cling or gather in any problem areas. Another nice bonus: It doesn't wrinkle.

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A week of fitness fashion

Here's this month's fresh crop of motivating workout gear.



DAY 1

1 Lucas Hugh top ($245; lucashugh.com)

2 Lululemon athletica leggings ($72; lululemon.com)

3 Jaybird reign activity tracker ($200; jaybirdsport.com)

4 Puma sneakers ($65; kohls.com)

THE HIGH WAISTBAND KEEPS YOU COVERED WHEN YOU BEND.

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Snap a pic of the workout gear that gets you going and post it on Instagram or Twitter, tagging @shape_magazine and #showusyouroutFIT.

Styling by Elizabeth Osborne for Hatley Resources, Inc.

Photographs by Jonathon Kambouris

NEW!

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Professional Race Car Driver

Healthy fuel for body and mind

Clean Protein. Smart Price.

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Razzy Banana Chocolate Smoothie

- 1 cup chocolate almond milk
- 1 fresh or frozen banana
- ½ cup fresh or frozen raspberries
- 1 scoop **Purely Inspired® Vanilla 100% Plant-Based Protein Nutritional Shake**

Combine ingredients in a blender and blend until smooth.



Sinful Strawberry Shake

- 300ml water
- 1 cup strawberry Greek yogurt
- ½ cup ice
- ½ cup fresh or frozen strawberries
- 1 scoop **Purely Inspired® Very Berry 100% Plant-Based Protein Nutritional Shake**

Combine ingredients in a blender and blend until smooth.

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*The American Masters of Taste, a prestigious panel of chefs and flavor experts, awarded Purely Inspired® 100% Plant-Based Protein the Gold Medal for Superior Taste against other plant proteins.

**Processed in a facility that also processes milk, egg, wheat, soy, fish oil, shellfish, peanut and tree nut ingredients.

Not all flavors are available at all retail locations. Read the entire label before use. © 2014

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Pure Ingredients • Pure Value



DAY 2

1 Gap jacket ($65; gap.com)

2 Lululemon tank ($64; lululemon.com for similar styles)

3 DKNY Jeans pants ($60; macys.com)

4 Blake Brody shoes ($115; blakebrody.com)

5 Mirella legwarmers ($30; blochworld.com)

NO-SLIP SOLES MAXIMIZE YOUR GRIP IN THE STUDIO.



DAY 3

1 Athleta vest ($89; athleta.com)

2 Sweaty Betty bra top ($55; sweatybetty.com)

3 Nike Vision glasses ($126; store.nike.com)

4 Yurbuds headphones ($45; Kohl's stores nationwide)

5 PRISMSPORT leggings ($82; prismsport.com)

THESE BLUETOOTH EARBUDS WON'T BUDGE.

A LOW-CUT TANK SHOWCASES YOUR CUTE BRA.



DAY 4

1 TNA for Aritzia tank ($30; aritzia.com)

2 Reebok bra top ($65; reebok.com)

3 Xersion leggings ($44; jcpenney.com)

4 Nike sneakers ($100; nike.com)



BUILT-IN SHORTS MAKE THIS SKIRT SAFE FOR ANY WORKOUT.

DAY 5

1 Lands' End top ($59; landsend.com)

2 Lorna Jane bra top ($66; lornajane.com)

3 2XU visor ($16; 2xu.com)

4 Lorna Jane wristband ($9; lornajane.com)

5 Lacoste skirt ($80; lacoste.com)

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What shapes her style?

Kelly Ripa

On-air, the svelte TV host maintains a dressy look. Kelly's own time is another fashion story, however. She's relaxed, sporty, supercreative, and an absolute maverick when it comes to styling a simple white or gray top. Follow her script to make your classic tee or buttondown fancy or fun—and always body-friendly.

ADD CHIC PIECES
A refined trench, pumps, and cool sunglasses elevate a plain button-down and jeans to "outfit" echelon.





IGNORE THE DRESS CODE
And why *not* pair your fanciest, most feminine skirt with your go-to tank? The dressy-casual result is surprisingly fresh.







BORROW FROM THE BOYS
Kelly makes pin-striped menswear trousers look unfussy and fun by pairing them with a breezy white blouse.

PLAY WITH THE FORMULA
Top: Try a full skirt. Tuck in the tank like Kelly does to reveal your waistline. ***Near left:*** Make sporty look cute. Brightly colored shorts punch up the white tee (whereas khaki or jean shorts wouldn't have all that much impact). ***Center left:*** Roll up your jeans and incorporate eye-catching accessories (a woven belt, a single-strand necklace, awesome shoes) to juice up the day look.

Photographs by Startraks photo (1); Getty Images (2); Fame Flynet Pictures (1); Splash News (1)

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get fit

Lose those last 5 pounds

It's the final five that never want to budge. That's why we tapped **celebrity trainer Harley Pasternak** for research-backed ways to blast through a weight-loss plateau once and for all.

By Sara Angle



Photographs by Chris Fanning

When it comes to slimming down, it's that last bit of extra weight that seems to hang on for dear life. So how do you finally shed it? You don't necessarily have to work harder, so long as you're strategic, says Harley Pasternak, celebrity trainer, New Balance ambassador, and author of *5 Pounds: The Breakthrough 5-Day Plan to Jump-Start Rapid Weight Loss (and Never Gain It Back!)* ($26; amazon.com). Pasternak spent two years poring over research (he cites more than 400 studies in the book!) to pinpoint the smartest strategies to attack this problem. Here, six of his most surprising tricks to help you finally drop those last stubborn pounds.

PUMP SOME ACTUAL IRON

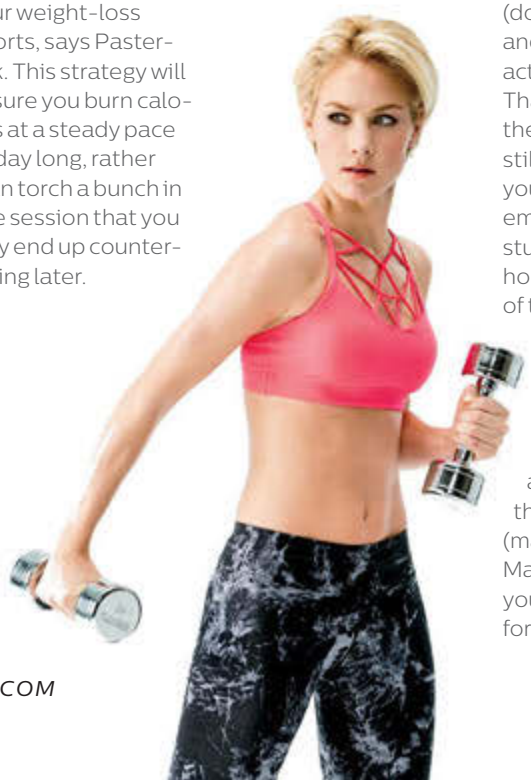
Body-weight moves are great, but Pasternak says that picking up free weights will get you the most dramatic results in the shortest amount of time. You can't target every muscle as effectively with just your body weight, and weights allow you to progress as you get stronger (by lifting heavier ones). Invest in two pairs of dumbbells to keep at home—one lighter set and one heavier. Aim to use them for at least five minutes a day; research shows that intense "snack-size" workouts are more effective than moderately intense, longer ones. (And no, you won't "bulk up," unless you're also taking testosterone shots and overeating.)

DON'T GIVE CARDIO TOO MUCH CREDIT

Of course cardio is a great way to burn calories, but research shows that many of us overestimate our burn and may subconsciously decrease other movement throughout the day to compensate ("I won't take the stairs since I went for that run this morning"). Still log your workout, but maximize your movement throughout the day by making several small tweaks, like walking while you talk on the phone, or getting a standing desk at work. Doing so will seriously increase your weight-loss efforts, says Pasternak. This strategy will ensure you burn calories at a steady pace all day long, rather than torch a bunch in one session that you may end up counteracting later.

TAKE A 30-MINUTE POWER NAP

Skimping on sleep increases your appetite, saps the energy you need to work out, and makes your body less efficient at burning fat. If you have trouble getting the recommended seven to eight hours per night, Pasternak's research found that a single 30-minute nap daily could count toward your nightly total. It's just long enough to allow you to sink into the stage of sleep when your muscles relax and your body temperature lowers (where you get the energy-boosting benefits), but not so long that you reach the deepest stage of sleep, which could cause you to feel groggy when you wake up. David Klein, M.D., a leading sleep physician with whom Pasternak consulted, says that if you had to choose, you may be better off nabbing a 30-minute nap versus an hour-long sweat session—the former will give you the energy to move more the rest of the day. Two rules so you don't affect sleep later: Do it in the early afternoon and don't snooze for more than 30 minutes, says Pasternak.



STEP AWAY FROM YOUR ELECTRONICS

Unplug for one consecutive hour a day (doesn't matter when) and you'll be more active, says Pasternak. That's because for the most part, you're still when you're on your phone, checking email, and watching stuff. Instead, use that hour to get in some of the 10,000 steps you should log daily (research shows that taking this number can reduce waist size and BMI). Download the app *Freedom* (macfreedom.com, for Mac and PC)—it lets you block the internet for up to eight hours.

EAT FAT TO SHRINK

One unfortunate side effect of losing weight: Your body burns fewer calories per day, so you don't need as many. (This is one of the reasons those last five pounds seem so impossible to drop.) But that doesn't mean you have to revert to a diet of only kale and radishes. Just be smart about the foods you do eat. Choose ones that keep you full and give you energy. Monounsaturated and polyunsaturated fats can lower the glycemic load of a meal, which helps stabilize blood sugar and keeps you full and energized. Get 'em in Pasternak's favorites: avocado and almonds.

CONFRONT YOUR END GOAL

Fitness and weight-loss goals need to be specific, says Pasternak. If you're struggling with the last five pounds, pick a date by which you want them gone. Write that on your bathroom mirror or a sticky note that you keep on your desk or fridge. Make sure it's somewhere that you will see and read it regularly, so you'll think twice about skipping a workout or eating a second piece of your coworker's birthday cake. And if you need another nudge, you can always think about the consequences when a temptation arises, like how you'll feel shopping for bathing suits.

Hair by Casey Geren/ABTP.com; makeup by Elaine Madelon/Exclusive Artists for Avène. Lorna Jane bra top; Calvin Klein Performance leggings

Speed sculpt with sand

A lean body and strong, sexy muscles—it's in the bag with this tough (but worth it!) routine.

By Karen Asp



8 MOVES

Reason to add a sandbag to your workout: People who exercised with one had higher heart rates and thus likely burned more calories than those who did the same moves with dumbbells, new research from the University of Wisconsin–Milwaukee finds. That's because sand is unpredictable; it moves, so you have to work harder to stabilize the load than if you held something solid, the study authors explain.

Seizing the fat-sizzling opportunity, Equinox launched Elimin8tor, a new class that uses SandBells (round, sand-filled neoprene bags), at locations nationwide. It involves doing challenging rounds of SandBell moves, like drags, slams, and plyos. We asked class creator Dana McCaw to develop a routine based on Elimin8tor, so you can try the hot new workout on your own. "You'll start with the longest, hardest 8-minute round of moves, then pare down as you go," she explains. "When you reach those last two rounds, they feel easy in comparison."

Skins tank: Live The Process leggings; Nike sneakers from a selection at Zappos.com.

Photographs by Chris Fanning



A↑ B↓

1) PUSH AND PULL

Works back, chest, abs, butt, quads, hamstrings

Stand with feet hip-width apart and hold SandBell with both hands, arms down to start. Crouch, place SandBell on floor, and put hands on top of it. Rise onto balls of feet and push SandBell forward **[A]** until you come into plank. Step hands outside of it and do 1 push-up, touching chest to SandBell **[B].** Put hands back on SandBell, then pull it toward feet. Return to starting position. Repeat for 1 minute.



YOUR PLAN

Do all 8 moves for 1 minute each. Then, rest for 1 minute and choose 1 move to eliminate. Go again, but only do 7 moves; rest for 1 minute. For round 3, do only 6 moves. Rest. For round 4, do 5 moves. Rest. For the final round, do your favorite 4 moves. This will take 34 minutes total. If you're short on time, do 2 sets of all 8 moves and you'll be done in 17 minutes. Complete this routine 3 times a week on alternate days.

YOU'LL NEED

A 6- or 8-pound SandBell. Most gyms have them. Or, purchase one ($13–$106; spri.com).

"Go as quickly as you can with good form, knowing that every round gets a little easier."

—Dana McCaw, group fitness manager of Equinox in Santa Monica, CA, and creator of its SandBell class, Elimin8tor



A← B↘

2) FIGURE EIGHT

Works back, biceps, abs, obliques, butt, quads, inner thighs

Stand with feet wider than hip-width apart, toes out, and hold the SandBell with left hand, arms at sides. Draw SandBell up and back **[A],** then squat and pass it under left thigh and into right hand **[B].** Stand and repeat on right side. Continue alternating sides for 1 minute.



Hair by Casey Geren/ABTP.com; makeup by Elaine Madelon/Exclusive Artists for Avène

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"Think power. SandBell slams work your entire body—the more vigorously you throw it, the more benefits you'll get."



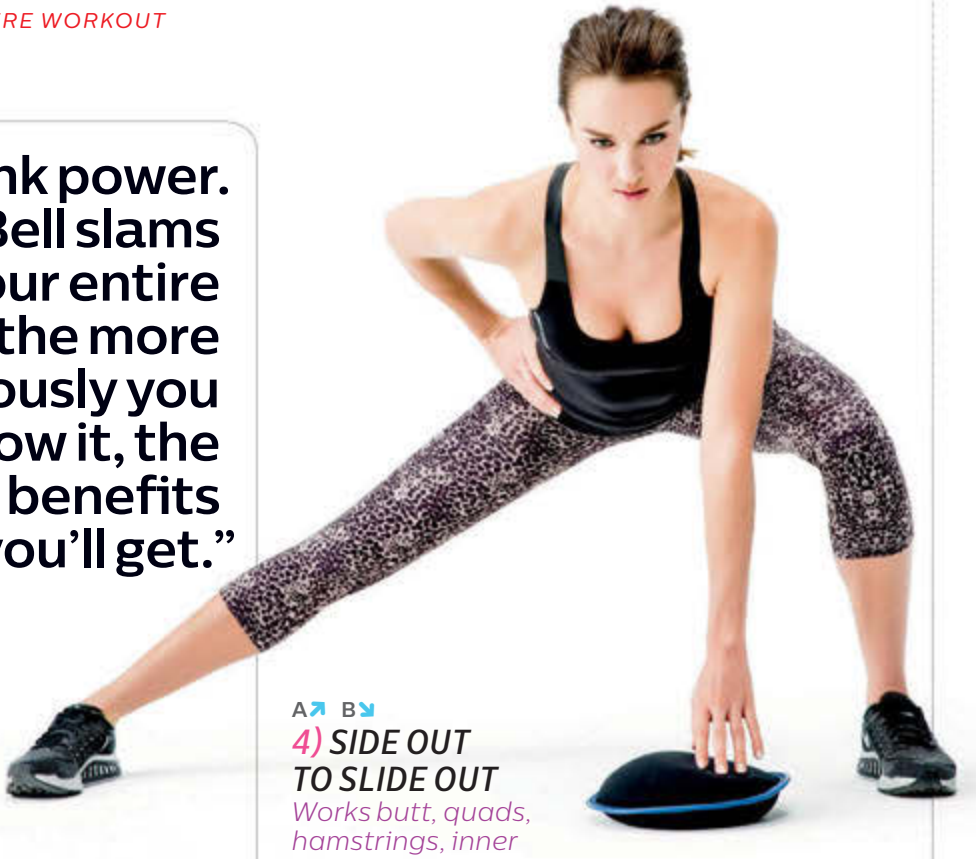


A↑ B↗

3) FOUR SQUARE

Works shoulders, biceps, abs, butt, quads, hamstrings

Stand with feet hip-width apart and hold SandBell with both hands, arms down. Raise it overhead **[A]** and forcefully slam it to your left. Jump laterally to squat and pick it up **[B].** Stand, then slam SandBell in front of you. Jump forward; squat to pick it up. Stand, then throw SandBell to your right. Jump laterally; squat to pick it up. Then slam SandBell behind you. Continue in a square pattern for 1 minute.



A↗ B↘

4) SIDE OUT TO SLIDE OUT

Works butt, quads, hamstrings, inner and outer thighs

Place SandBell on floor and stand behind it, feet together. Squat, extend right leg out to side and reach left hand down to touch SandBell **[A].** Stay in squat as you switch sides. Continue for 30 seconds. Then, staying in the squat, place right foot on SandBell and drag it to right side, hands in prayer position **[B].** Drag SandBell back. Repeat for 15 seconds. Switch sides; repeat.

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A/B →

5) LOCK 'N' LOAD

Works shoulders, butt, quads

Stand with feet hip-width apart and hold the center of SandBell with left hand, arms at sides. Step right leg back into a reverse lunge to start **[A].** Slowly raise SandBell overhead **[B].** Return to starting position. Repeat for 30 seconds. Switch sides; repeat.





A ← B ↙

6) POWER PIKE

Works shoulders, chest, abs, butt, quads, hamstrings

Start in plank with feet on top of SandBell. Lift hips to drag it toward hands until body forms an inverted V **[A].** Press SandBell back to starting position. Repeat for 30 seconds. Then, remain in plank, and hop both feet to the outside of the SandBell **[B],** then jump both feet back on top of it. Repeat for 30 seconds.



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A B

7) DONKEY JACK SLAM

Works shoulders, abs, butt

Stand with feet hip-width apart and hold SandBell with both hands, arms down. Raise it overhead and slam it to the floor in front of you. Crouch, place hands outside of SandBell, and press into palms as you kick up heels **[A].** (If that's too much, even getting feet just a few inches off the floor is great.) Land softly, come into a wide squat, and place palms behind head. Staying in the squat, jump feet together, then wide **[B].** Squat to pick up SandBell. Repeat for 1 minute.



8) HAPPY HOUR

Works abs, butt, inner and outer thighs

Stand with feet together and hold SandBell with both hands, arms down to start. Step right leg into a right-side lunge as you bring right hand to right hip and lower SandBell with left hand toward the inside of your right foot **[shown].** Return to starting position, then repeat on the opposite side. Continue alternating sides for 1 minute.



"Grab as much sand as you can with your palm (rather than hold the bag by the edge). You'll boost grip strength, which recruits more muscle fibers, enhancing overall power and strength."



marchforbabies.org

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Quickie metabolism boost

Thirty seconds. That's the sweet spot if you want your interval session to melt fat and slim your waist, finds a new study in the journal *Applied Physiology*. Women who did four to six 30-second sprints with a four-minute recovery between each three times a week for six weeks lowered their fat mass by 8 percent and their waist circumference by 8.7 percent (more than one jeans size!). "Other cardio should get you these results, so long as you're working very hard," says study author Tom Hazell, Ph.D. To really maximize fat burning, shorten rest time and use some of it to tone up. This routine by Equinox master trainer Josh Stolz combines 30-second intervals with strengtheners. By Lindsey Emery

YOUR WORKOUT

INTENSITY: Hard
TOTAL TIME: 20 minutes
YOU'LL NEED: A 15- to 20-pound weight
CALORIES BURNED: 245*

1. After an easy warm-up of jogging in place or jumping jacks, go all out performing your cardio of choice. **DURATION:** 30 seconds / 9–10 RPE**

2. Do 10 reps of either push-ups, squats, lunges, or planks. Rest for the remainder of the time. **DURATION:** 90 seconds / 3–4 RPE

3. Back to cardio. Go all out again. / **DURATION:** 30 seconds / 9–10 RPE

4. Do 10 reps of an advanced version of the move you did in round 1: staggered-hand push-ups, goblet squats (see below), reverse lunges, or leg-up planks (see below). Rest for the remainder of the time. / **DURATION:** 90 seconds / 5–6 RPE

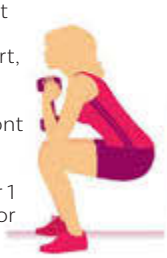
5. Repeat highlighted portion 8 times, continuing to go all out for your 30-second cardio intervals, and do a different strength move or variation for each 90-second interval. / **DURATION:** 16 minutes / 9–10 and 5–6 RPE

*Calorie burn is based on a 145-pound woman.
**Rate of perceived exertion; see page 199 for chart.



LEG-UP PLANK Start in forearm plank. Lift right leg off floor; lower. Switch sides; repeat for 1 rep. Continue alternating sides.

GOBLET SQUAT Stand with feet wider than hip-width apart, toes out, and hold a weight vertically in front of chest with elbows bent. Squat; hold for 1 count. Stand for 1 rep. Repeat.



Photograph by Chris Fanning; hair by Casey Geren/ABTP.com; makeup by Elaine Madelon/Exclusive Artists for Avene; illustrations by Paul Oakley

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PLAN SUCCESS You're more likely to nail a move that typically makes you anxious when you've had a stress-free day.

"I feel anxiety during certain moves; is that normal?"

*—Elizabeth Goodman Artis**

When you exercise, your heart rate increases, you breathe faster, and adrenaline surges. The same things happen during a panic attack, so it makes sense that you may experience these feelings during certain moves. I talked to Cedric X. Bryant, Ph.D., and Chief Science Officer for the American Council on Exercise about this reaction.

"Feeling stress can also result from performance anxiety," he says. A few things you can do to minimize a freak-out, he suggests: Take some deep breaths before go-time to calm yourself. Tense and release the muscles you're about to work. This technique (called progressive muscle relaxation) loosens muscles so you don't experience excessive tension during the move.

Picture yourself completing the exercise and feeling great about it; you're more likely to experience it that way. If you start to panic during the move, focus on your breath. Tell yourself you can do it. If you try all these things and still find yourself on the verge of losing it, consider nixing the move from your workouts entirely. No shame.

**Yes, our Chief Content Director!*



What's the best underwear to wear during a workout?

—Nadia Almahdi, 27, New York

Personally, I do *all* my sessions without underwear (I've run three marathons commando). I find it more comfortable (plus, less laundry!). Still, I talked to Elizabeth Hale, a dermatologist in NYC, and Jill Maura Rabin, M.D., professor of obstetrics and gynecology at Hofstra North Shore-LIJ School of Medicine, to see what issues to consider when choosing a pair: All-cotton styles are comfy but not great at wicking away sweat. On the irritation scale, lace is worst, while a spandex-nylon-cotton combo is better. Seamless styles won't rub. Stay dry down there to avoid skin infections, like folliculitis, caused by trapped sweat. "If you wear underwear, take it off *immediately* after a workout and shower. Or at least swap the sweaty pair for cotton," says Hale. If you break out on your butt, try an over-the-counter wash with benzoyl peroxide. Staying dry and clean will also help you avoid bladder and vaginal infections, says Rabin.

Jac says...

YOUR BODY MAY LOVE A WORKOUT YOUR BRAIN HATES

CrossFit is my happy place. Pilates is my personal hell. Why? It calls out my weaknesses. But ignoring certain moves can negatively impact workouts I love because of inefficiency and imbalances. So I force Pilates on myself. It strengthens from the core out, focusing on stabilizer muscles. This translates to better posture in technical barbell moves (such as overhead squats) and makes getting more reps of abs moves like toes-to-bar easier. Pilates can make me a better CrossFitter?! I'm a convert. Here, tips to help you embrace whatever exercise it is *you* don't like.

FIND THE RIGHT VIBE

Seek out a gym or studio with amenities that you think you'll like. If you know the kind of instructor who gets you motivated, ask around for recommendations or look online (sites like rateyourburn.com let you read reviews of classes and trainers in your area).

THINK SMALL

During the workout, you'll likely hit a few *Why am I here, again?* moments. When you do, refocus. Zone in on the muscle(s) you're working and tell yourself how that movement will make you better at something you love doing.

GO FOR CLASS TWO

Immediately after, sign up for another class or training session. Do it again. And again. Depending on the workout, you need to give it about four to six weeks (if you're doing it twice a week) to start to see results.

Top photograph by Matt Hawthorne. Bottom photographs by Chris Fanning



Shape's fitness director, **Jaclyn Emerick,** is also a certified personal trainer, Spinning instructor, and kettlebell instructor. Tweet **@shape_magazine** and **@jaclynemerick** with **#fitq** for a chance to get your question answered in an upcoming issue.



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THE BUSY-MOM WORKOUT

How **Stephanie Ruhle,** Bloomberg anchor, stays fit despite a big career and kids.

Research shows that when you're crazy-busy, exercising helps you balance work–home life better. And you don't need a ton of time or a swanky gym to get in a good workout. Stephanie Ruhle sees the playground as her gym, using the unique equipment to do heart-pumping, muscle-toning exercises. "A slide, swings, and monkey bars test your balance, agility, and strength; using them you'll burn calories and sculpt," says New York City trainer Larysa DiDio, who works out with Ruhle. Do 2 or 3 sets of 10 to 12 reps of each of these moves from DiDio.



On the MONKEY BARS

Hanging bicycle

Works shoulders, back, biceps, abs, obliques

Jump and grab one of the bars with both hands (palms facing down). Raise legs to hip level (so body forms an L shape). Draw right knee toward chest, then straighten leg and draw left knee in for 1 rep. Continue, quickly alternating sides.

On the SLIDE

Reverse climb

Works abs, butt, hamstrings

Crouch on the bottom of the slide, facing the top. Climb up as quickly as possible. Slide down or take the stairs down for 1 rep.

On the SWINGS

Split squat

Works butt, quads, hamstrings

Stand facing away from swing with top of right foot on seat. Bend knees until right knee hovers above ground. Straighten legs for 1 rep. Do all reps; switch sides and repeat.

On the BENCH

Walking push-up

Works shoulders, chest, biceps, abs, butt

Start in plank with hands on the far right side of the bench. Do a push-up, then walk left hand and foot left, then right hand and foot for 1 rep. Perform another push-up. Continue this pattern until you reach the end. Then, walk hands and feet the other way until you complete all reps.

Photograph by Bill Diodato

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New in this issue...

Find more to love with access to these exclusives from SHAPE and our partners!

Hollywood Heavyweight
Kate Hudson is dishing her secrets to staying fit, beautiful, and her latest endeavor in the world of athletic aesthetic!

Hot Happenings
Check out this month's latest stories, advice, giveaways, and more on SHAPE.com for the buzz worthy content you crave.

Find Your Fit
To kick off the New Year, our staffers found their fit with the FitBit challenge. Checkout how their best week measured up for your motivation to get in gear!

Put a Fork In It
Need a meal idea in a minute? Check out the latest from the SHAPE kitchen with an interesting twist on what's sure to be a timeless classic.

Training Day
Learn how to make a good run, great with these tips on how to train like an athlete and go the distance.

Shop Talk
With the new year and new you underway, it's time to refresh that wardrobe with these simple styles that will have you in with the new, and out with the old!

More to Love
Visit our Instagram galleries, find a SHAPE event near you, and stay up to date with SHAPE.

Run a half marathon

Any casual runner can go the distance, promise experts. And the glory is worth the effort. We'll get you there with research-based tips and the right gear.

By Caitlin Carlson



The half marathon is the fastest-growing race distance, per Running USA's State of Sports Report 2014. And who's dominating it? Women, by 61 percent. Get inspired, we say. Another push to tackle one this spring: If you can run just three miles, you're capable of running a half—that's the gauge trainers swear by. "Do that distance two to three times a week now and you're guaranteed to have the base to support the training progression," explains running coach Jenny Hadfield. Plus, there are the perks: Running blasts tons of calories (about 12 per minute), sculpts your whole body, plus shores up endurance and mental tenacity (which can help you focus more at work and in relationships). April and May are prime months for half marathons—check halfmarathons.net to find one near you. We've rounded up the latest science-proven running tips to help you nail those 13.1 miles.

Get in prime running form

Run with a slight forward lean, says new research in the *Journal of Orthopaedic & Sports Physical Therapy*. This prevents wear and tear on your knees. "The hinge should come from your ankles, not hips—almost like you're falling forward," explains Hadfield. Then, take frequent, short steps—ideally 180 per minute, which will help you be efficient and speedy, per a study in the journal *Medicine & Science in Sports & Exercise*, plus protect you against injury. "Overstriding [taking fewer, longer steps] messes with your body positioning," says Hadfield. It causes you to run with your legs in front of you rather than directly underneath, which puts pressure on your knees.

Beat fatigue and go faster

Intensely focus your eyes on a specific target, like a far-off tree, rather than look around your surroundings. This will make that distance appear up to 28 percent shorter, finds a study in the journal *Motivation and Emotion*. It's a phenomenon called attention narrowing, and it also helps you move up to 23 percent faster and makes exercising feel easier, the researchers discovered.

Seeing your target brings it more easily within reach, the researchers explain. Hadfield likes to pull this move in the last three miles of a race to fight fatigue. And if you hit a wall earlier, she suggests a refocusing trick to get you through: Check what other runners are wearing (play a game and count how many pink shirts you see, for example), or dedicate each mile to someone you love and think about that person for the entirety of that mile. →

Photograph by Coty Tarr

INTRODUCING THE

14 MINUTE WORKOUT

BY BOWFLEX

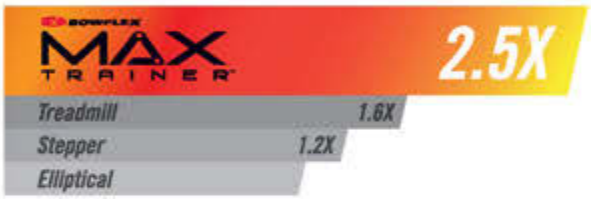
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Get the Right Gear

Essentials that make a good run great





STURDY, COMFY SNEAKERS

These are non-negotiable to protect your body from all the pounding. The brand-new **Nike LunarTempo kicks** ($110; nike.com) combine mesh material that's super lightweight with a plush foam sole to give you the cushion and comfort you need to make it through all 13.1 miles. Plus, the lining is totally seamless, so you won't risk rubbing (no blisters). Insider tip: If you're not sure how much support you need, head to a running store where they offer a run analysis. An expert will analyze your gait, look at your arches, and recommend a pair that's right for you.

A WINNING SPORTS BRA

Women tend to clench their shoulders to reduce bounce when their sports bra isn't supportive enough. "When your bra fits properly, you can run with relaxed shoulders and an open chest, which helps you breathe easier," says Hadfield. The **Asics Fit Sana Seamless bra** ($45; asicsamerica.com) is one piece of fabric (no seams to chafe or scratch); a compression-like snug fit keeps the girls locked down even as you sprint to the finish line.





THE SQUARES ABSORB IMPACT.



TECH TO KEEP YOU ON TRACK

A GPS watch helps you stay aware of your distance and speed, and also gives you the freedom to hit the road to train without having to determine your course beforehand. "It's a great tool to evaluate your run in progress," says Hadfield. But, she cautions, don't obsess over checking your pace too much. That can cause demoralizing stress and tension, physically slowing you down. The **Timex IRONMAN ONE GPS+ watch** ($400; timex.com) tracks your distance and speed, and also works off of an AT&T phone plan so you can get messages direct to the device's screen (so friends can send you motivational cheers on race day). Your Bluetooth headphones can sync directly with the watch, so no need for an MP3 player either.

Sports bra photograph by Jonathon Kambouris; styling by Elizabeth Osborne for Halley Resources, Inc. Sneakers photograph by Claire Benoist; styling by Sarah Guido-Loasko for Halley Resources, Inc.

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Jenny on HEALTH

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Jenny McCarthy

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TRY IT
Alternate jumps with moves like lunges or squats to make it plyometric

Get fitter faster

Explosive jumping moves (aka plyometrics, like burpees, speed-skater lunges, and box jumps) recruit a ton of muscles at once and get your heart rate up quickly, making them some of the most efficient exercises around. But how you structure your sets is important, finds new research. Doing four (or even fewer) reps of a move, resting for 30 to 45 seconds, then going again, do more for your body than doing 10 to 15 jumps in a row. Researchers are calling these low-rep, high-set schemes "cluster sets," and according to a study published recently in the *Journal of Strength and Conditioning Research*, they help you maintain your power, speed, and jump height throughout the entire workout. "Performing fewer than five reps allows you to maximize power in every jump, which is what makes this type of explosive training so effective," says Lee E. Brown, Ed.D., study coauthor and professor at California State University, Fullerton.

To boost exercise results naturally...

SIP IT | ***SKIP IT***

Beet juice

New research from Kansas State University found that beet juice can supercharge your workout if you drink just 2.4 ounces (basically a shot) of a concentrated version of it two hours before exercise. The nitrite in beets increases blood flow to your working muscles while making your mitochondria (the "powerhouses" of your cells) more efficient during exercise. This helps you to work out harder and for longer, says study author Scott Ferguson. Try **Beet It Sport Shot** ($3; beet-it.us), or swap your usual green juice for a red one.



ELIXIR OF FITNESS
They may be the same hue, but one of these juices is better for your workout than the other.

Grape juice

Resveratrol, a nutrient found naturally in red grapes, has long been associated with enhancing the effects of high-intensity intervals, but a new Queen's University study suggests that it may actually impede the body's response to training. The researcher suspects it has to do with the nutrient's antioxidant properties (in excess, outside sources of antioxidants can reduce the naturally occurring ones you'd otherwise get from exercise). If you've been taking resveratrol supplements to boost your workouts, no need. Just switch your sip to beet juice.

Model photograph by Patrick Randak. Hair by Casey Geren/ABTP.com using Alterna Haircare; makeup by Clarissa Luna/ABTP.com; clothing styling by Janelle Olsen. Beet juice photograph by Travis Rathbone; food styling by Matt Vohr for Halley Resources, Inc.

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Nora Tobin's Exercise Tips

Tone up against a wall

These creative moves from Tobin require only the support of a wall—making them great go-tos when traveling.

PUSH-UP

Works shoulders, triceps, chest, abs, butt

Stand facing a wall and place your hands on it at shoulder height so arms are fully extended to start. Bend elbows close to your sides to lower body until chest grazes wall, then push back to starting position for 1 rep. Do 2 or 3 sets of 12 to 15 reps.

SIT AND CRUNCH

Works obliques, butt, quads

Stand with back to wall, feet hip-width apart, hands behind head, and elbows bent. Squat to start. Keep arms pressed into wall and slowly lower left elbow toward left ribs. Pause, then return to starting position. Repeat on right side to complete 1 rep. Do 2 or 3 sets of 12 to 15 reps.

REVERSE WALK

Works shoulders, chest, abs, butt, quads, hamstrings

Start in plank with feet pressed firmly into the wall. Walk your feet up the wall as you step your hands toward the wall. Get as close to the wall as you can; pause, then reverse the move to return to starting position for 1 rep. Do 2 or 3 sets of 8 to 10 reps.

MARCHING BRIDGE

Works abs, butt, hamstrings

Lie faceup with knees bent and feet on the wall. Lift your hips up so body is in a straight line from shoulders to knees to start. Pull left knee forward at a 90-degree angle to bring foot off of wall **[shown]**. Pause, then return to start and repeat with right leg for 1 rep. Do 2 or 3 sets of 8 to 10 reps.



SQUEEZE YOUR GLUTES DURING THE ENTIRE MOVE TO MAXIMIZE TONING.

Nora Tobin is a trainer and *Shape* contributor based in Los Angeles. Find her seven-minute workouts at **shape.com/strongin7.**



YOU'RE STRONGER THAN YOU THINK

You may be underestimating what you're capable of at the gym. For a recent Edinburgh University study, participants performed four sessions, each consisting of 10 six-second cycle sprints, resting for a self-selected length of time between each. During the fifth recovery period, however, rest was reduced by 10 percent, unbeknownst to the sprinters—and they were able to push just as hard. "People often do not voluntarily push themselves to the limits of what they are physically able to do," says study author Shaun Phillips, Ph.D. Follow the 10 percent rule during your next workout: Push yourself 10 percent harder than you think is possible (be sure to pull back if your form suffers or you feel pain!), suggests sports psychologist Barbara Walker, Ph.D. For example, add 10 percent more resistance on the bike, lift 10 percent heavier weights, or run 10 percent farther than your self-perceived limit.

15%

HOW MUCH MORE YOU'LL ENJOY YOUR WORKOUT IF YOU LISTEN TO MUSIC

SOURCE:
The Journal of Sport and Exercise Psychology

Nora photograph by Chris Fanning; hair by Casey Geren/ABTP.com; makeup by Elaine Madelon/Exclusive Artists for Avène



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Big fat lies

Dietary fats have been demonized to the point where biting into a burger feels like asking for an instant heart attack. But new research shows that fat may not be the villain we once thought.

By Marnie Soman Schwartz

Photographs by Travis Rathbone

Just a little bit helps control your appetite. Your body *needs* it to operate. We're talking about fat—the kind in a juicy steak, not beneath your skin—which research now shows is key to a healthy diet, and even a lower weight (in that consuming more won't necessarily lead to extra pounds). Counterintuitive, we know, so, here, answers to your pressing questions with all the new thinking—and how it applies to your plate.



GUILT-FREE EATS Full-fat dairy foods are more heart protective than fat-free ones. And lean beef can help lower blood pressure.

Good fat, bad fat, which is which?

The conventional wisdom is that plant-derived unsaturated fats are good for heart health, and saturated fats—which come mostly from meat and dairy—are bad. But last year, a meta-analysis in the *Annals of Internal Medicine* found no link between saturated fat and heart disease risk and even suggested a heart benefit from dairy fat. That said, trans fats—the chemically altered ones found in processed foods and listed as partially hydrogenated oils—will always be horrible for you: They increase risk of heart disease and diabetes.

Are some fats still better than others?

While saturated fats may no longer be "bad," experts continue to believe unsaturated fats are better. "Saturated fats are relatively neutral overall," in that they won't cause harm, says Dariush Mozaffarian, M.D., of Tufts University, a coauthor of the *Annals* analysis. "But increasing unsaturated fats from vegetable oils, nuts, or fish strongly improves health." In fact, another recent analysis published in *Circulation* found that upping the amount of unsaturated fats in a person's diet lowered the risk of heart disease—whether that unsaturated fat replaced calories from saturated fats or total carbohydrates. "Linoleic acid, an unsaturated fat found in vegetable oils, nuts, and seeds, reduces cholesterol levels and may even improve insulin sensitivity and lower diabetes risk," says Harvard University's Frank Hu, M.D., Ph.D, who led that study.

What makes you fat, then?

Most likely, it's "refined grains, sugars, and starches that are the major culprits in unhealthy diets," Mozaffarian says. As low-fat diets took hold, many foods were made with more refined carbs—which basically turn to sugar the second they hit our lips. This process spikes blood sugar and insulin levels, making fat loss more difficult. On the other hand, fat can help you eat less. "It makes your stomach send fullness signals to your brain," says *Shape* nutrition advisor Mike Roussell, Ph.D. "Starches don't do that."

So what should I eat?

Every trend has a counter-trend, and meat-heavy Paleo diets and bulletproof coffee, which calls for adding several tablespoons of butter and oil to your morning joe, seem to be just as extreme—and inadvisable—as a no-fat approach. Since fat is calorie-dense, Roussell suggests getting about a third of your daily calories from it (and aiming to get about twice as much fat from fish and plant sources as from other animal ones). Mozaffarian recommends increasing the amount of vegetable oils, fish, yogurt, and nuts you eat—and rounding those foods out with occasional eggs, butter, poultry, and red meat. And, of course, he says to leave refined grains, starches, and sugary beverages mostly off the menu.

38% THE HIGHER YOUR RISK OF DYING FROM CARDIOVASCULAR DISEASE IF YOU GET ABOUT 20 PERCENT OF YOUR CALORIES FROM ADDED SUGAR, COMPARED TO PEOPLE WHO CONSUME ONLY 8 PERCENT OF THEIR CALORIES FROM ADDED SUGAR.

SOURCE: JAMA Internal Medicine

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Pass the pistachios!

Yes, they're delicious. And several studies have found that these nuts can be a healthy snacker's dream.



DIG IN FOR A HEALTHY SNACK.

The tiniest bit of work—literally, the effort needed to free a nut from its shell—could be all it takes to keep calorie consumption in check. A great choice for healthy snackers, then, is pistachios. Indeed, when people served themselves in-shell pistachios, they consumed an average of 125 calories—41 percent fewer than people who served themselves shelled versions of the nuts, according to a preliminary behavioral study from Eastern Illinois University published in *Appetite*[1]. What's more, those who enjoyed fewer in-shell nuts reported essentially the same levels of fullness. As New York City nutritionist Lauren Slayton of Foodtrainers.net puts it, "Aside from the work that slows you down, there is something inherently satisfying about cracking nuts. So much of our food is grab-and-go [which encourages mindless eating], and it's nice to stop multitasking for a minute and focus on our food."

Just don't be in such a rush to clear away those empty shells: Their mere presence within view acts as a cue to eat less, according to another preliminary behavioral study from Eastern Illinois University published in *Appetite*[2]. When test subjects sat at a desk all day with a bowl of pistachios (which was refilled every two hours) as well as a shell bowl, they ate 18 percent fewer calories than those whose shells were taken away as the bowl was refilled. "Seeing your refuse helps you refuse more nuts," jokes Slayton, author of *The Little Book of Thin*.

Better yet, pistachios have perks beyond portion control: The little green guys are a good source of protein and fiber, as well as nutrients like vitamin B6, copper, and thiamin.

1. "In-shell Pistachio Nuts Reduce Calorie Intake Compared to Shelled Nuts." Honselman, Painter, et al. Appetite, *2011.*
2. "The Effect of Pistachio Shells as a Visual Cue in Reducing Caloric Consumption." Kennedy-Hagan, Painter, et al. Appetite, *2011.*

Photograph by Zach DeSart / Offset



PERFECT PORTION CONTROL

Compared to other nuts, "a serving of pistachios in their shells looks downright huge," Slayton says. For 160 calories, which would you rather enjoy—a few walnut halves... or a cupped handful of pistachios? A half-cup serving of Wonderful® Pistachios, for instance, is a whopping 49 in-shell nuts. If you need a visual, that's just about enough to cover the top of a CD case. So go ahead and get cracking.

Some information for this article provided by Wonderful® Pistachios.



NOT TONIGHT, I'M TOO TIRED.

WHEN "I'M TOO TIRED" IS MORE THAN JUST AN EXCUSE.

We've all faked a headache or used the excuse "I'm too tired" but the truth is many of us really are too tired…too tired for a little romance, too tired for exercise, and too tired to concentrate. Life is busy and trying to juggle family and work can leave you feeling exhausted and run-down…especially if you are iron deficient. Never mind the fact that those dark circles under your eyes and pale skin can leave you feeling unattractive. When going to bed early is your idea of a "good time", it's time for a change. Floradix is an easily absorbed, plant-based, nonconstipating, liquid iron supplement with no artificial additives or preservatives and has been helping women reclaim their energy for over 60 years.* So redefine your definition of a "good time" with Floradix and rekindle the romance.



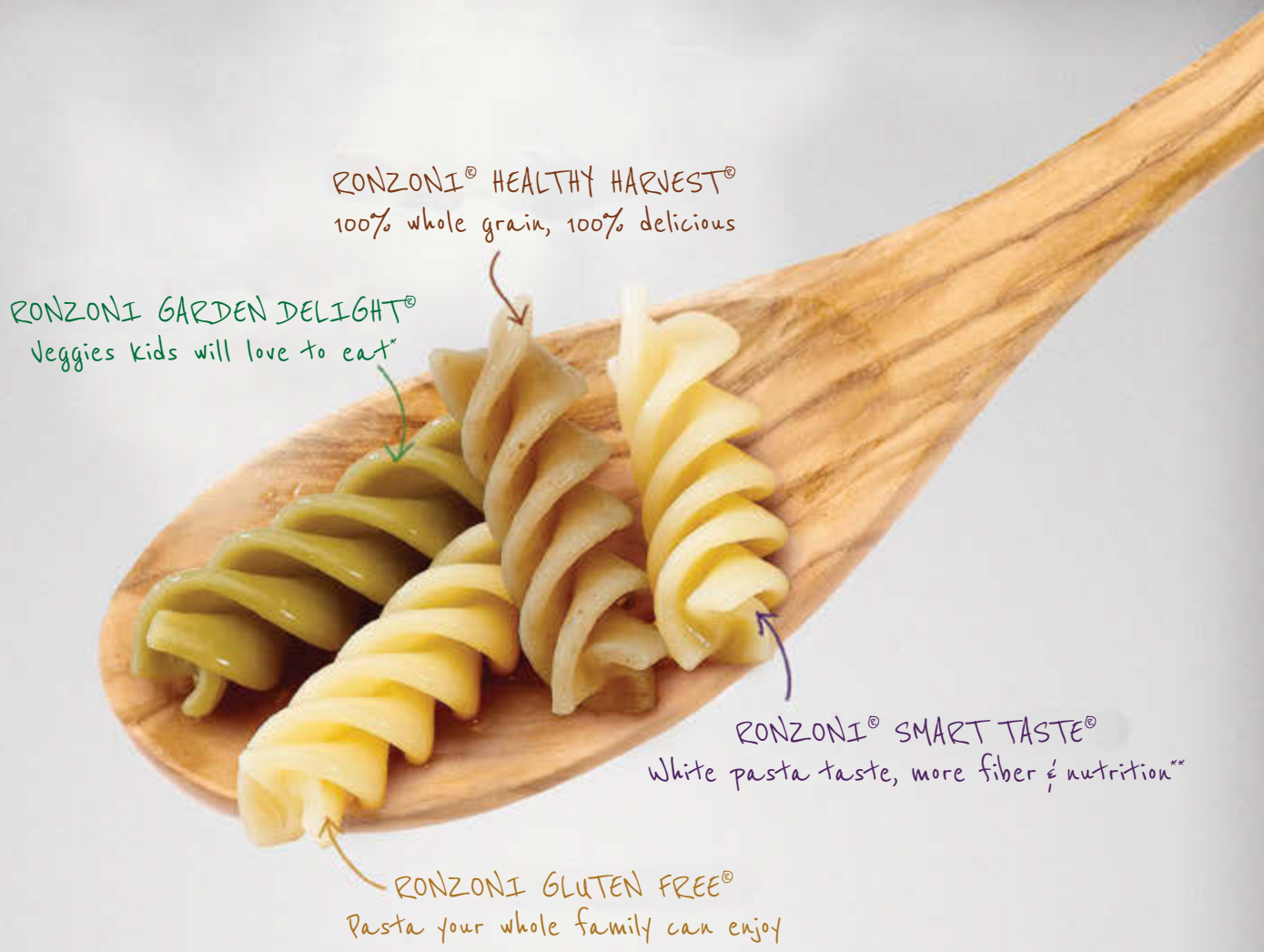
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COOKING MELLOWS THE BITTER FLAVOR.

Try it now...

Radicchio

This leafy chicory vegetable is incredibly versatile, says Randy Reppel, chef at New York City's Sweet Chick restaurant. "The bold flavor works in sweet and savory dishes. I like to pair it with other winter veggies like Brussels sprouts and mustard greens." With a mere 9 calories per cup, it also packs tons of vitamin K and fiber. Try one of these easy ideas from Reppel and other chefs who are radicchio fans.

Make a sweet and savory appetizer

"I roast radicchio wedges with olive oil, salt, and pepper, along with honey-glazed pears and walnuts. To serve, I place two wedges of radicchio on each plate and top with half a roasted pear, walnuts, burrata, and a drizzle of balsamic vinegar."

—Jo Kimberly, chef and founder of The Griddle Cafe in Hollywood and at the SLS Las Vegas

Fill with dip

"I like the milder Castelfranco variety, and use the leaves as edible cups. I fill them with hummus, olive oil, and chickpeas—or tzatziki and smoked salmon."

—José Andrés, chef and owner of Beefsteak in Washington, D.C.

Turn into a hearty slaw

"Julienne or thinly slice a head of radicchio and 2 pounds of Brussels sprouts. Char the veggies by letting them sit for 2 minutes in a dry sauté pan over medium heat. Add ½ cup olive oil, sauté for 2 minutes, and stir in 1 ½ cups raisins, a 12-ounce can of hominy (drained and rinsed), and some lemon juice. Cook for a few more minutes and then add salt and pepper to taste." —Randy Reppel

Photograph by Travis Rathbone; food styling by Matt Vohr for Halley Resources, Inc.



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A better blend

New ingredients like beneficial oils, nutrient-dense proteins, and surprising veggies (yes, you can smoothie zucchini!) give your shake more superpower. "Nutrition Stripped" blogger McKel Hill, M.S., R.D., juices things up.



RED BEET & BANANA

Roasted or steamed beets
Banana
Raspberries
Frozen zucchini
Chia seeds
Cashew or almond milk

GARNISH: Bee pollen and fresh raspberries

POWER INGREDIENT: Bee pollen

It comes as a powder (you can also try maca, chlorella, spirulina, or baobab) and is a concentrated source of iron, magnesium, and zinc.

BERRIES, PEAS & TEA

Frozen green peas
Spirulina
Hemp oil
Chilled green tea
Blueberries
Blackberries

GARNISH: Fresh berries

POWER INGREDIENT: Green tea

Brewed green tea adds antioxidants and flavor without extra calories. Also try chilled herbal tea or even iced coffee. Peas give your smoothie extra fiber and protein.

COCOA & COCONUT

Cooked sweet potato
Cocoa powder
Flaxseed oil
Coconut milk
Vanilla
Espresso
Frozen pear
Medjool dates

GARNISH: Shredded toasted coconut

POWER INGREDIENT: Flaxseed oil

Plant-based fats like flaxseed oil and coconut (also nut or seed butters, and chia seeds) help your body absorb the nutrients from fruits and vegetables.

AVOCADO & GINGER

Avocado
Green apple
Kiwi
Spinach
Coconut water
Lemon and lime juice
Fresh ginger

GARNISH: Dehydrated banana or shredded coconut

POWER INGREDIENT: Citrus

The bright tartness of lemon and lime juice offsets the bitterness of greens like kale, spinach, and watercress. Plus, citrus packs an extra dose of vitamin C.

NUTRITION CHECK

For sugar control, use twice as much veggies as fruit. Give it staying power with 1 to 2 tablespoons of brown rice, pea, hempseed, or organic whey protein powder.

Food and prop styling by Robin Finlay

Photograph by Adam Voorhes

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*Medjool dates have 50% more potassium, by weight, than bananas. Medjool dates are a good source of fiber. (USDA Nutrient Database)
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Power-packed combos

Grain bowls are a great way to fit lots of energizing ingredients into one quick dish. These three creative takes are loaded with protein and veggies—all with exotic flavor twists.



Which grain to go with?

A meal built around whole grains will fill you up, keep you slim, and boost your heart health. In addition to the brown rice, freekeh, and quinoa in these bowls, try millet (which is very fine-grained) or spelt (dried wheat with a sweet, nutty flavor). Just like rice, most are brought to a boil then simmered until the liquid is absorbed; for a flavor boost, sub in stock or wine for some of the H_2O.

MUSCLE BUILDER
Eggs, beans, and tofu pack in tons of protein.
Turn the page for recipe.

Food styling by Vivian Joo

Photographs by Claire Benoist

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(from previous page)

KOREAN BIBIMBAP

BASE: Brown rice and black beans

VEGGIES: Steamed broccoli and carrots

PROTEIN: Pan-fried tofu cubes, fried egg

SAUCE: Spicy chili sauce like gochujang

GARNISH: Scallions, black sesame seeds

MEDITERRANEAN SHRIMP BOWL

BASE: Freekeh mixed with chia seeds

VEGGIES: Grilled zucchini, tomato, red onion

PROTEIN: Grilled shrimp

SAUCE: Olive oil whisked with lemon juice, salt, and pepper

GARNISH: Chopped basil, fresh oregano



CHEF'S PREP TIPS

Cook a big batch of grains for a week's worth of fast meals, or go for the quick-cooking parboiled versions (like 10-minute barley or farro from Trader Joe's).



INDIAN QUINOA BOWL

BASE: Quinoa and lentils

VEGGIES: Peppers and okra

PROTEIN: Chicken

SAUCE: Curry simmer sauce

GARNISH: Minced red onion, cilantro

Combinations by restaurateur Judy Joo, host of the Cooking Channel's Korean Food Made Simple.

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food sense // PART 1

Be Part of the Conversation

ABOUT FOOD SUSTAINABILITY



The odds are good you're already a healthy eater. You can spot a proper portion size from a mile away, whip up balanced meals in minutes, and have a go-to grocery list stored on your phone. But how much thought do you give to how that food makes its way to your table—and the impact that has on our planet? If you find the concept of sustainability a bit overwhelming, ***here's how to get up to speed.***

What Does It Mean?

Sustainability has become the buzzword for efforts being made to maintain the balance between our needs and natural resources. We all want to enjoy a variety of foods, but we have to make sure the water, land, and energy sources it takes to grow that food are used efficiently.

Why Should We Care?

Because the world is getting more crowded than your Zumba class. To feed our growing population, more food will need to be produced in the next 50 years than farmers have grown in the past 10,000 years combined.* Growing those crops in a sustainable way will help achieve that goal—both now and well into the future.

What Can I Do About It?

Approaching sustainability from many angles is key, because it will take a lot of solutions to address the challenges we're facing. Using the resources you have more efficiently has never been more important. Not sure where to start? Pay attention to the amount of water you use. Turn off the faucet when you're brushing your teeth, take shorter showers, and only run the dishwasher when it's completely full.

MONSANTO

*Source: Csiro, Sustainable Agriculture: Feeding the World www.csiro.au/Portals/Multimedia/On-the-record/Sustainable-Agriculture-Feeding-the-World/Food-and-population-shift.aspx

SHAPE STAFFER'S

Take Action

Check out how they are incorporating sustainability into ***their*** lifestyles.



"I want to keep unnecessary garbage out of landfills, so I bought a compost bin for my apartment. It's a smarter way to deal with waste, and my indoor herb garden has never looked better."

ALI SUNSHINE

SHAPE RESIDENT TRENDSHAPER



"I like to be efficient with the resources Mother Nature gives us, so I have a rain barrel on my patio. I can water all of my flowers without ever turning on a garden hose."

ANNA LISA LOPEZ

SPECIAL PROJECTS DIRECTOR



"Every weekend I walk to the farmer's market to buy fresh, seasonal veggies to help keep my plate in balance all year long."

MAGGIE VANBUSKIRK

SHAPE RESIDENT RUNNER

20 The pounds of food the average American throws away every month*

*Source: National Resources Defense Council http://www.nrdc.org/living/eatingwell/files/foodwaste_2pgr.pdf

Learn More

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You ate it? Negate it!

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Photographs by Travis Rathbone

THE *it* LIST

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Cottage cheese makes a comeback

Along with its retro appeal (remember your mom's "diet salad" of curd-filled cantaloupe?), cottage cheese has serious nutritional cred: Cup for cup, it has more protein than yogurt (a 4-ounce serving has 111 calories and about 12 grams of protein), and is a great source of calcium. Plus, it can boost your brain power, a new Dutch study found: When researchers asked people to tackle verbal-skills puzzles, subjects who had consumed tyrosine (an amino acid that is abundant in cottage cheese) were better at intelligent problem solving than those who had eaten meals that were tyrosine-free.

For a satisfying snack—or savory breakfast—cover a crispbread or cracker with cottage cheese and sliced vegetables, drizzle with olive oil, and finish with pepper. If you're turned off by its texture, try the small-curd cheese, which is firmer and less watery.

Eat to beat... heartburn

Despite nixing the obvious triggers—fatty snacks, spicy foods, alcohol—you still may get that fire in your chest, the result of stomach acid migrating up into the esophagus. "Even healthy options like dairy can cause heartburn for some people," says *Shape* advisory board member **Keri Gans, R.D.N.** She recommends these foods to help tame the flames.

PAPAYA

Rich in papain, an enzyme that breaks down protein and speeds up digestion, a few slices of papaya after dinner can reduce stomach pain and inflammation.

FRUITY GUM

When you chew gum, it stimulates the production of saliva, which neutralizes acidic foods in the stomach. Go for fruity flavors, since Gans says mint can exacerbate heartburn symptoms.

FENNEL

Thanks to its anti-inflammatory effect, this veggie has been used medicinally for centuries. "Fennel reduces stomach acid levels," Gans says.

OATMEAL

Studies show that high-fiber foods like oatmeal lower your chances of heartburn because they spend a short time in your stomach. Plus, since it's low-fat and non-acidic, the breakfast staple is gentle on your system.



COOL THE BURN Anti-inflammatory foods like these soothe your digestive system.

Top photograph by Christina Holmes; food styling by Jamie Kimm. Bottom photographs by Travis Rathbone; food styling by Matt Vohr for Halley Resources, Inc.



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Carotenoids give carrots and other bright foods their color—and can lend your skin a more healthful and more attractive skin tone, found researchers at Leeds University, who noted that study subjects found that tone more physically attractive than a suntan. Just three extra servings of carotenoid-rich fruit and vegetables a day, like tomatoes, spinach, and pumpkin, leads to a noticeably deeper complexion. "Eat a wide variety of fruits and vegetables," recommends study author Carmen Lefevre, Ph.D. "There are a number of different shades of carotenoid pigments, and a mixture will lead to the best skin color."

40% AMOUNT YOUR HEART DISEASE RISK DROPS IF YOU EAT FRUIT EVERY DAY

SOURCE: Oxford University

Photograph by Song A; food styling by Jamie Kimm

Healthy Dessert

Rich, dark, and dreamy

Combine two nutritious and delicious ingredients for an irresistible treat with this recipe from Jessica Nadel's new book, *Greens 24/7*.



Chocolate Hazelnut Avocado Torte

Serves: *10*

Cook time: *15 minutes*

Total time: *35 minutes (plus 1 hour chilling)*

- 1 cup plus 1 tablespoon hazelnuts
- 1 cup Medjool dates, pitted
- ¼ cup plus 2 tablespoons cocoa powder
- 2 large or 3 small avocados, peeled and pitted
- pinch of sea salt
- 3 tablespoons maple syrup
- ¼ cup nondairy chocolate chips

1 Preheat oven to 300°F. On a baking sheet, toast 1 cup hazelnuts in the oven for 10 minutes. Let cool, then wrap in a clean tea towel folded over and rub off the skins.

2 Prepare the crust: In a food processor, pulse nuts into a coarse meal. Add dates and 2 tablespoons cocoa powder and process until mixture is sticky and crumbly. If it isn't tacky, add a tablespoon of water and process again. Press the mixture down into a 9-inch tart pan with a removable base. (You can also use a pie plate or springform pan.)

3 In a food processor, blend remaining cocoa powder, avocado, salt, and maple syrup until velvety. Spoon into the crust and smooth with a spatula or the back of a spoon.

4 In a double boiler or microwave melt chips and drizzle on top of torte. Chop remaining hazelnuts and sprinkle on top. Refrigerate for 1 hour or until ready to serve.

✱ ***Nutrition score per serving:*** *220 calories, 14g fat*

Reprinted with permission from Greens 24/7 by Jessica Nadel (The Experiment, 2014). Photograph by Christina Holmes; food styling by Jamie Kimm; prop styling by Lisa Lee for Ray Brown Pro



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Why OJ boosts your bone health

Love a glass of orange juice in the morning but worry about the sugar (and calories)? Here's a healthy reason to keep it in your breakfast rotation. A study in the *Journal of Medicinal Food* found that people who drank OJ had better bone health than non-OJ drinkers (measured by mineral content and calcium and vitamin D levels). That's partly thanks to its magnesium, vitamin C, and potassium but also due to fortification, as more than half of store-bought OJ has added nutrients. Just stick to a small glass—an 8-ounce serving has 112 calories and 20 grams of sugar.

4pm Hunger Buster

SAVORY SNACK BAR



Mediterra bars offer the flavors of the Mediterranean diet. They're also loaded with natural sources of protein and fiber and are just 170 calories each. Our favorite flavors are the savory ones, like sundried tomato and basil or black olives and walnuts, which hit the spot for salty-savory cravings. The lightly sweet varieties, like the sesame orange and honey bar, are delicious too.

Top photograph by Getty Images. Bottom photograph by Travis Rathbone

PACK A GLASS FOR A FLAVOR VACATION.



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MIDNIGHT SNACKS Feeling hungry at bedtime can also make it tough to fall asleep. A bedtime bite with a combo of protein and carbs can help you snooze.

BETTER FAT BURN

You're going to like this one: Eat! Letting yourself get too hungry sabotages your slim-down efforts, new research finds. Besides the fact that starving yourself will eventually lead to unbridled gorging, gnawing hunger alters the makeup of your body fat, messing with metabolism.

To explain: There are three types of body fat—active, calorie-burning brown fat; inactive white fat, which has negative hormonal effects; and beige fat, which has the potential to convert the white to brown. But beige fat only activates if you're not starving, researchers at Yale found: Hunger-triggered neurons send messages to your white fat to stay white, says study author Xiaoyong Yang, Ph.D. This is your inner cavewoman kicking in: At times of famine, the body needed to hold on to whatever energy it could.



TAKE THIS MANY STEPS A DAY

2 numbers to keep you slim

When women were given a list of 10 proven weight-maintenance methods, counting veggies and the number of steps they took were the only two daily habits that consistently helped them keep the scale steady after 12 months and two years.

SOURCE: *Appetite*



EAT THIS MANY SERVINGS OF VEGGIES EACH DAY



Make weight loss last!

Losing a few pounds quickly leads to as much long-term success as a slower approach, a new Australian study found. Compared to dieters who lost just under a pound a week, those who trimmed about 2.7 pounds a week were more apt to reach their goal—and no more likely to regain. The speedy losers were on very structured diets, which can be easier to follow. Plus, their rapid rewards were a strong motivator for both loss and maintenance.

Model photograph by Collin Hughes/thelicensingproject.com. Still-life photographs by Claire Benoist, styling by Sarah Guido Laakso for Hatley Resources, Inc.


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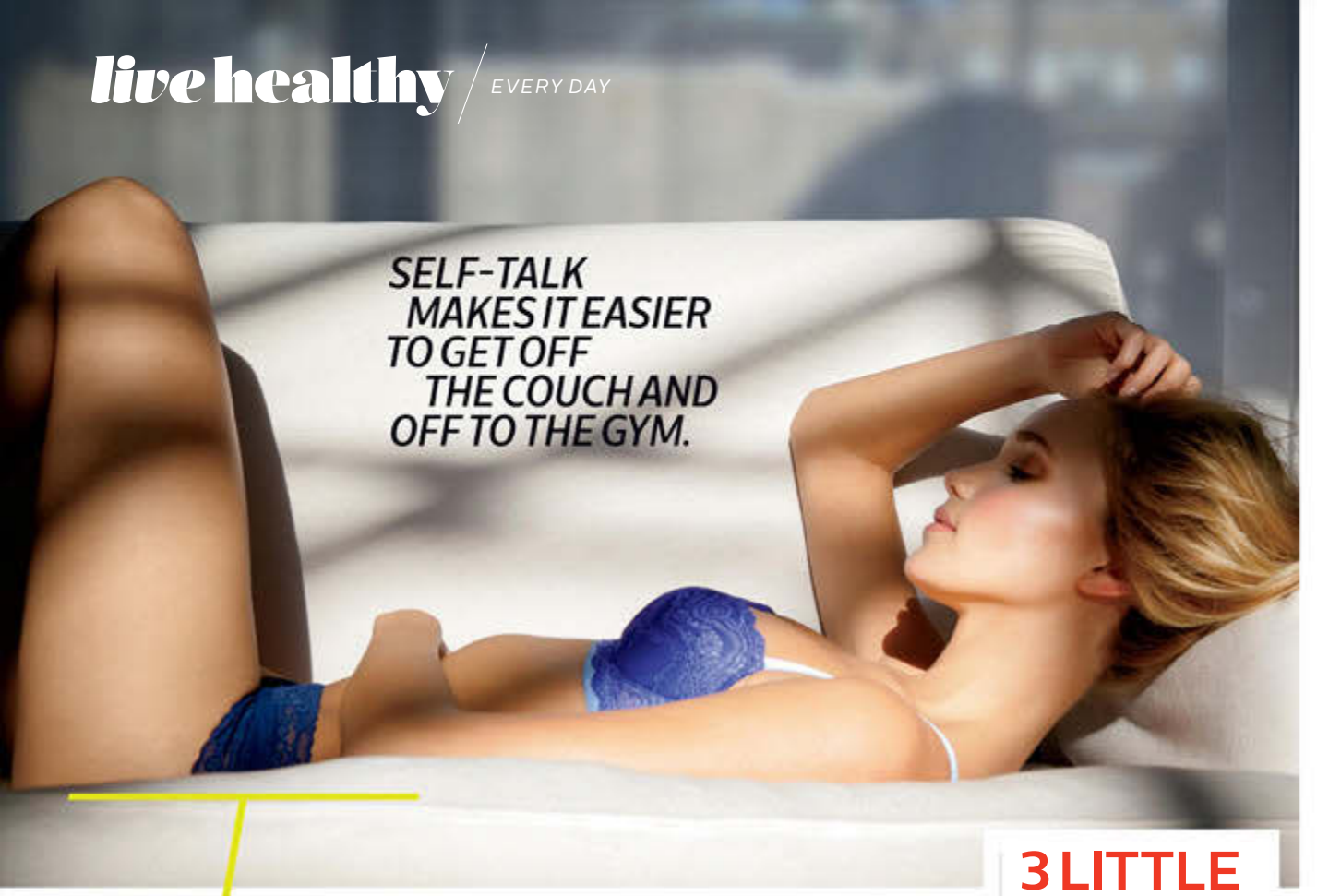


The power of self-talk

How you speak to yourself impacts your workout, strength, confidence, happiness—even your ability to shed pounds, the latest research reveals. You just have to do it right.

By Mirel Ketchiff

PHOTOGRAPHS BY CHRIS FANNING



The perks of positive self-talk aren't just in your head, says Gabriele Oettingen, Ph.D., a New York University psychologist who's spent 20 years studying self-talk science, and author of *Rethinking Positive Thinking*. When done correctly, it can impact the sympathetic nervous system to temporarily lift blood pressure, a sign of increased energy and motivation. But "just thinking positively to achieve goals is much less effective than we'd expect," Oettingen notes. What *is* helpful: tempering a rah-rah attitude—"You can do this!"—with mental mantras that are based in reality. The idea is to identify the pitfalls standing between you and a goal, then create upbeat scripts to cue you through how you'll overcome them, says Oettingen.

This research-backed technique helps you identify unattainable dreams early on—and gives you the internal encouragement you need to tackle surmountable obstacles before they trip you up, fast-tracking you to success. Oettingen calls the four-step process

W·O·O·P.

*Make a **W**ish*

First, think of a desire you would like to fulfill. It can be big or something smaller, such as, "I want to try out that intense new Tabata class at my gym." To strengthen your commitment to the goal, mentally repeat it to yourself. Or use Oettingen's *WOOP* app (free; woopmylife.org) to record it.

*Imagine the **O**utcome*

Next, consider how you'll benefit from achieving the goal. Think details, both short-term and long-term. So you might tell yourself, "After completing the class, I'll feel accomplished, energized, happier—and I'll even be on the road to dropping some pounds."

*Anticipate **O**bstacles*

Now that your wish is solidified, articulate the most critical roadblocks standing in the way of your success. For example: "I'm probably going to feel really exhausted partway through the class and be tempted to give up." Admitting this to yourself up front means you won't feel as discouraged if and when you do hit the hurdle later on.

*Hatch a **P**lan*

Finally, map your attack using "If [obstacle], then I will [plan]" sentences. For instance, tell yourself, "If I feel so pooped that I want to quit, then I will take a 30-second water break and remind myself the class is only 45 minutes long." Visualize yourself carrying out this plan. That way when the roadblock does arise, you'll automatically react with the scripted solution without even thinking.

3 LITTLE TALKING TRICKS

Use your name instead of "I"
Saying "You've got this, Jackie!" instead of "I can do it!" offers a more objective view of stressors, so you can problem-solve rather than ruminate, finds University of Michigan research.

Say "don't," not "can't"
Sixty-four percent of dieters who told themselves they "don't" indulge in a certain temptation (like dessert) successfully resisted it, versus 39 percent of those who said they "can't," a study in the *Journal of Consumer Research* found. "Don't" is more empowering.

Ask "Will you?"
In moments of intense insecurity, recast the "If... then..." plan as "If X happens, will you Y?" Your instinct is to answer yes, which turbocharges motivation, reports a study in *Psychological Science*.

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SLEEPY SIP Melatonin also dips during PMS, causing insomnia. Sipping tart cherry juice (a natural source of the hormone) before bed can help.

I get the worst insomnia the week before my period. Why?

Your sleeplessness is likely related to the pre-period drop in progesterone, a hormone that causes drowsiness, says Kathryn Lee, Ph.D., R.N., associate dean for research in the School of Nursing at the University of California, San Francisco. If levels dip suddenly, your body doesn't have a chance to adjust to the change and goes through a kind of withdrawal, leading to restlessness.

Two daily supplements—250 mg of magnesium and 40 mg of vitamin B6—significantly improve women's PMS symptoms, including insomnia, a recent study revealed. Another option, Lee says, is going on the Pill: It balances out those hormone fluctuations, so you're less likely to toss and turn.

But insomnia is also a telltale sign of an ultra-severe form of PMS known as premenstrual dysphoric disorder (PMDD). So if you also experience depression, anxiety, or drastic mood swings, see a doctor.

BIG BENEFITS OF MORNING SEX

▶ **It feels really good.** Because your guy's testosterone level peaks between 7 a.m. and 9 a.m., he'll have a harder, longer-lasting erection, which equals slower, more pleasurable sex for you, says Hilda Hutcherson, M.D., a clinical professor of obstetrics and gynecology at Columbia University.

▶ **You'll be relaxed all day long.** The post-sex rush of endorphins and hormones keeps you happy and helps buffer you against stress for hours, Hutcherson says. Sex also helps lower blood pressure, keeping you calm. That overflowing inbox? It's no match for your chill mood.

▶ **Deeper sleep that night.** Being active for 30 minutes at 7 a.m. leads to sleeping longer that night, according to a study from Appalachian State University. And yes, other research has found that longer sex sessions do count as aerobic exercise.

33%

AMOUNT OF COUPLES WHO HAVE BEEN TOGETHER FOR 10 YEARS AND STILL SAY "I LOVE YOU" EVERY DAY

SOURCE: YouGov

Photograph by MCG/Trunk Archive



WHEN YOU DON'T KNOW WHAT TO SAY,

STAND UP.

When someone you love is diagnosed with cancer, you have the power to help. There are many ways you can stand up and show that you care.

THEY TALK, YOU LISTEN. One of the most helpful and important things you can do is listen—without judgment and resisting the urge to give advice.

DON'T ASK, DO TELL. Instead of waiting to be asked for help when it is needed, be specific about what you can do and when, such as: prepare a meal, babysit, pick up groceries, help with pets, or provide rides to and from appointments.

LIVE AND LEARN. Educate yourself about your loved one's diagnosis and treatment. When you understand what a cancer patient is going through, you're better able to help keep information clear, track questions, and know how you can be most useful.

STAY CONNECTED. After the initial diagnosis, people tend to drift away. Be someone to count on for the long haul. Check in, send a quick note, or drop off a book. Small gestures go a long way.

Visit ShowThatYouCare.org to learn more about how you can stand up for someone you love.

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THE NEW R&R (refresh and reinvigorate): Work your arms and abs while you take in the beautiful scenery.

Hang on to post-trip bliss

How? By staying active on your getaway. Research finds that incorporating fitness into your vacation does more than just cancel out the hedonistic calories: It makes you more relaxed, boosts your mood, and instills a better outlook even after you've returned home.

By Lesley Rotchford

A dream vacation used to look something like this: lazy days spent parked on a lounge chair, a guacamole-dunked chip in one hand and a margarita in the other. The only exercise was paddling over to the swim-up bar for another round. But now, more and more travelers are bringing their healthy lifestyles with them on holiday: Last year, 44 percent of the representatives in the Virtuoso network of luxury travel agents saw a demand for active trips, up from just 33 percent in 2011. Perhaps these fitness-focused travelers are intuiting what research has proven—that working out on your getaway can actually make you feel more relaxed and rejuvenated, erasing the feeling of needing a vacation from your vacation when you get home.

Photograph by Chris Fanning

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TAKE YOUR MOOD OVER THE MOON Outdoor activity—like camping and then surfing at sunrise—has been proven to improve mental health.

Guarantee a great trip.

People who engaged in physical activity during their vacation reported being in a better mood, having lower levels of tension, and higher levels of energy than those who were less physically active, a recent Dutch study found. "Exercise may enhance the secretion of serotonin, which has an antidepressant effect," explains study author Jessica de Bloom, Ph.D., of Radboud University Nijmegen. "Combined with the other perks of vacation—fun, reduced stress, a sense of wonder and otherworldliness—the mood boost can be even greater."

Not only does exercise lead to a better vacation, but vacation can also lead to better exercise—especially if you're doing it outside. Outdoor activity has a 50 percent greater benefit on mental health than hitting the gym, and a review in the journal *Environmental Science and Technology* found that natural environments make people feel revitalized and less tense. If *any* natural environment has these benefits, imagine the extra impact an awe-inspiring mountain range or an achingly beautiful blue expanse of Caribbean water offers. And when you're focused on breathtaking surroundings, you forget about unpleasant stuff like how tired your hamstrings feel or how the airline lost your luggage, allowing you to get more out of your workout and slash stress levels.

Then, bring home the good vibes.

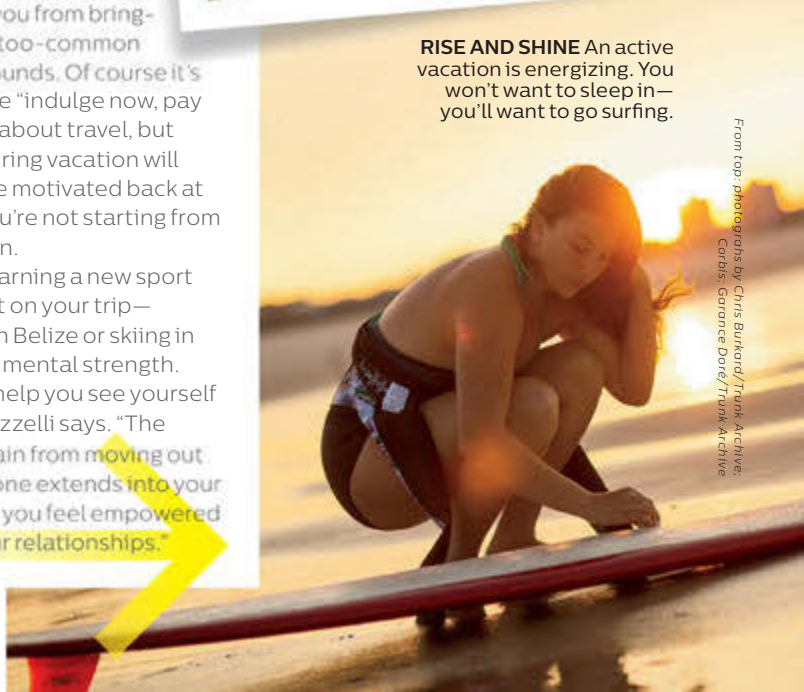
When people exercise in a new environment, they have more fun in the moment, but they also improve the way they feel about the activity going forward, says Gloria Petruzzelli, Psy.D., a sports psychologist and triathlete. So if you're a runner, jogging through the Luxembourg Gardens can get you excited about cruising around your own neighborhood. "New sights renew your love of a routine that might have been feeling stale," Petruzzelli says.

Exercising while you're away can also prevent you from bringing home one all-too-common souvenir: extra pounds. Of course it's easy to fall into the "indulge now, pay later" philosophy about travel, but getting sweaty during vacation will help you feel more motivated back at home because you're not starting from a setback situation.

What's more, learning a new sport or type of workout on your trip—like scuba diving in Belize or skiing in Aspen—can build mental strength. "New challenges help you see yourself differently," Petruzzelli says. "The confidence you gain from moving out of your comfort zone extends into your home life, making you feel empowered at work and in your relationships."



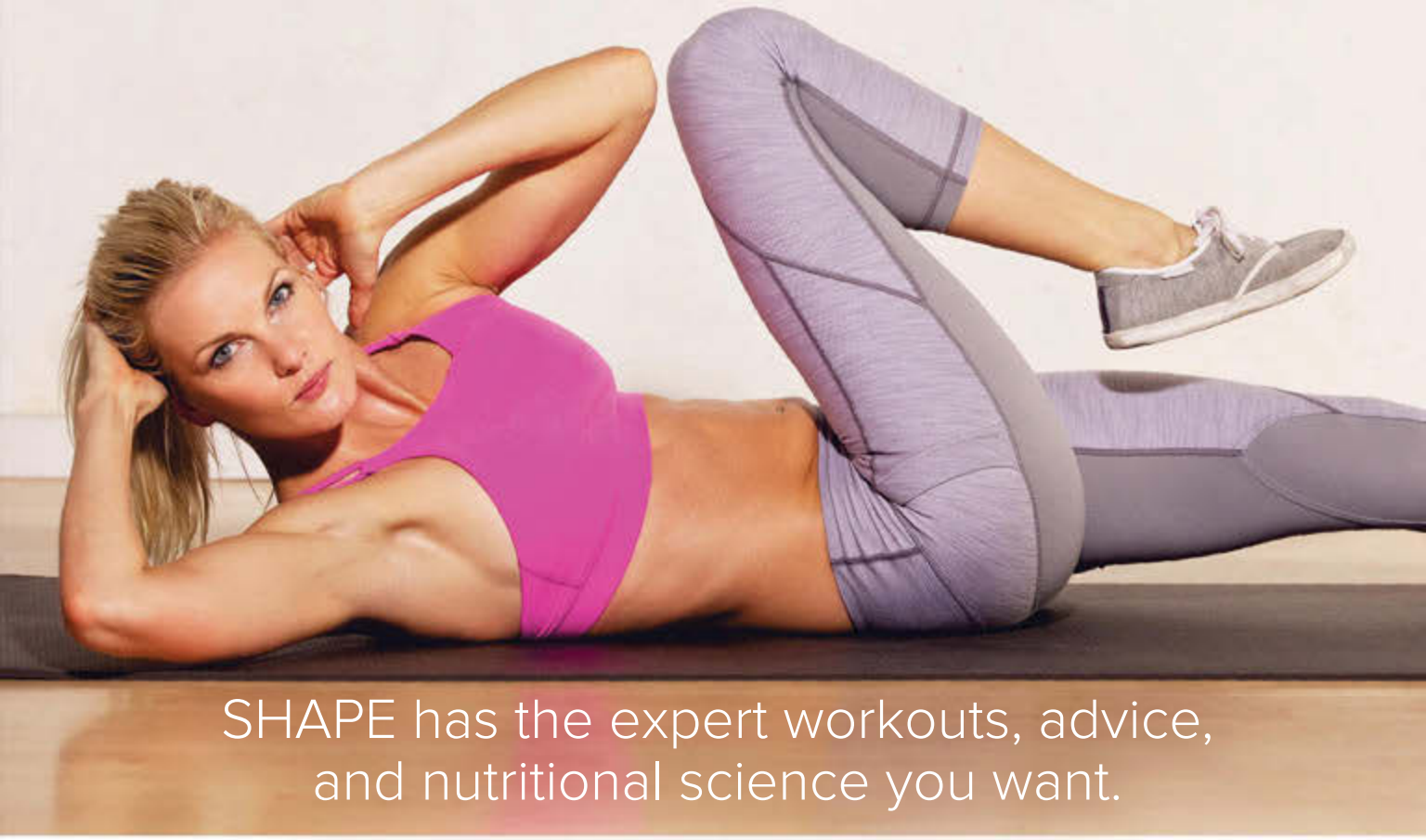
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RISE AND SHINE An active vacation is energizing. You won't want to sleep in—you'll want to go surfing.

From top: photographs by Chris Burkard/Trunk Archive; Corbis; Corrance Dore/Trunk Archive

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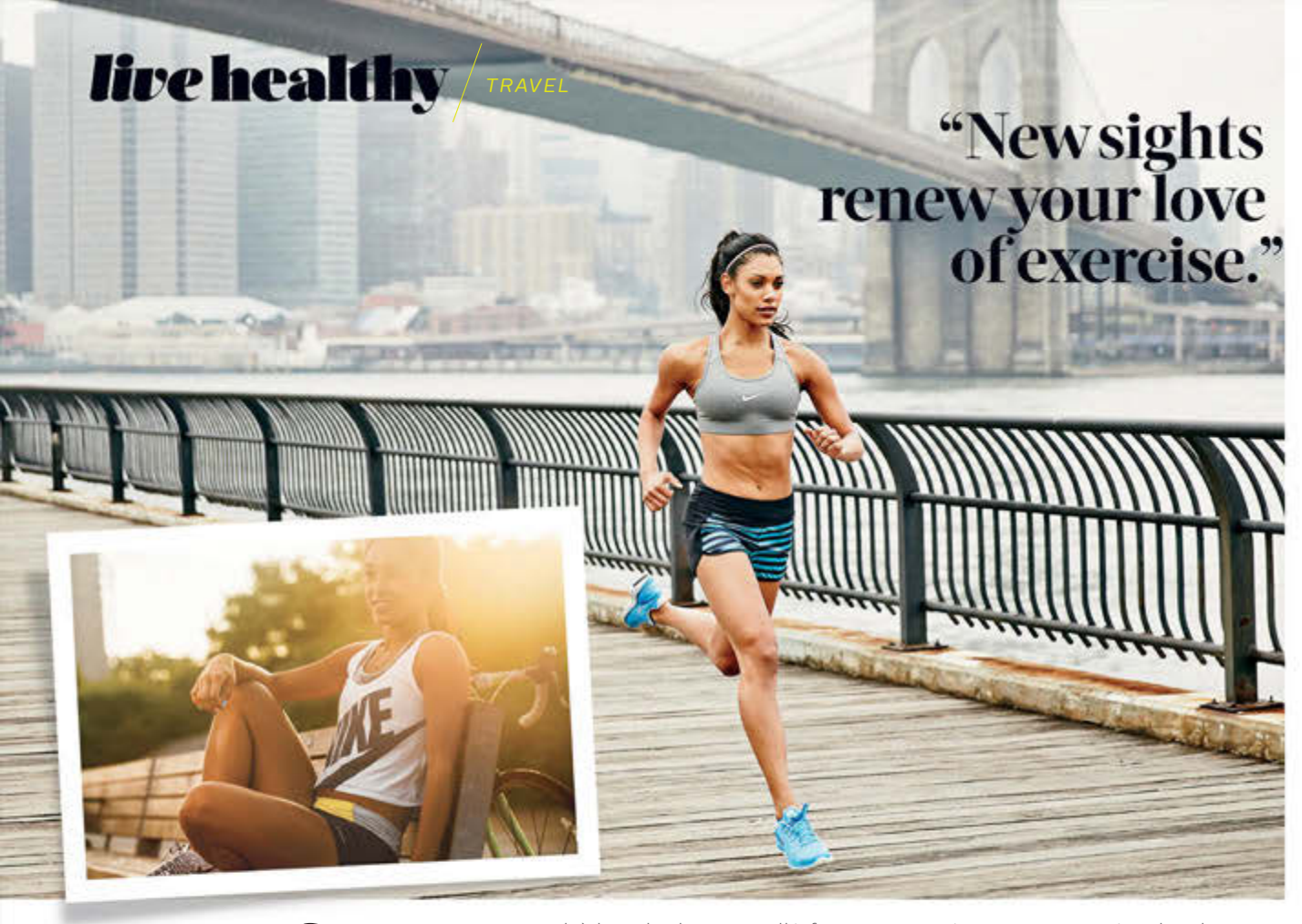


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Have fun on the run

Let these options inspire you right out of your lounge chair:

Ditch the tour bus. Walking, jogging, or biking around a city can make you feel as though you're seeing things as a local, not a tourist. That's a more fun, relaxing way to travel than always being the outsider, says Laura Payne, Ph.D., associate professor of recreation, sport, and tourism at the University of Illinois at Urbana-Champaign. Apps and Instagram hashtags make it easy to explore a new area intrepidly: mapmyrun.com or walkjogrun.net can help you find a route, and hashtags of popular hikes and parks not only let you see the awesomeness that awaits (#grousegrind or #brightangeltrail, for example), but also lets you tell it from the mountain (literally). On Foot Holidays offers self-guided walking tours in Europe where they move your luggage while you walk from town to town. If you enjoy cruises, Crystal Cruises has a new program that offers running tours in European ports. "You get the benefits of a workout and the sights and sounds of a new place, making your trip more thrilling," Petruzzelli says.

Hit the hotel gym. No longer relegated to the basement, hotel gyms are now occupying prime real estate, with walls of windows to let in natural light and beautiful vistas (the ultimate being the Park Hyatt Tokyo's gym with views all the way to Mt. Fuji). "Looking at a view out a window can often be as restorative as being out in nature," says Jason Duvall, Ph.D., a lecturer and researcher at the University of Michigan Program in the Environment. Also, many hotels now have fitness concierges to get you into local classes, studios, or guided runs or rides.

Go on a race-cation. A destination bike- or road race can "scratch two itches—you do the race and then spend the rest of your getaway relaxing," says Petruzzelli, whose honeymoon included an Ironman in Napa, CA. "Those days at the end are like a reward—you've earned the right to have a few more beers." You may be having those beers with new friends, considering the camaraderie among athletes and the party atmosphere at big race events. Sometimes, the run of your lifetime could coincide with the trip of your lifetime—like the Limpopo, South Africa, Big Five marathon, so called because the course has you running through the Entabeni Game Reserve within view of the big five safari animals (lion, elephant, Cape buffalo, leopard, and rhino). Seeing the world never looked—or felt—so good.



SEE FOR MILES AND MILES On a clear day, the Park Hyatt Tokyo's 47th floor gym has views for 80 miles.

Top photograph by Matt Hawthorne. Inset photograph by Coty Tarr



CHEAPER THAN A SHRINK
A cool adult coloring book is *Flower Fashion Fantasies* ($6; amazon.com).

French lesson

We can learn a lot from the French: how to stay thin on a diet of cheese, chocolate, and wine, how to bring up a nonbratty *bébé*... and now, how to doodle away stress. Art therapy books (the *très* chic term for adult coloring books) have been topping France's bestseller lists—and this may explain their cool factor: Scribbling can help you relax and improve concentration, says Sunni Brown, author of *The Doodle Revolution: Unlock the Power to Think Differently.* The activity is engaging without being stressful, Brown says, so it channels nervous energy away from worries.



Your new fit buddy

Your pooch loves to run, but read these vet tips before you hit the road.

GET THE GO-AHEAD
Ask your veterinarian if your dog is well suited for running—some breeds are known for their energy and stamina (the so-called working dogs), while others are prone to breathing problems (such as smoosh-faced brachycephalics, like pugs), explains vet Ernie Ward, founder of the Association for Pet Obesity Prevention.

WALK FIRST Pick up the pace on your dog's regular walks until you can cover a mile in 15 to 17 minutes, Ward says. Then alternate easy jogging with walking to build endurance. (Follow a plan on an app like *Pooch to 5K*, free; play.google.com.)

LISTEN TO FIDO If your dog refuses to budge or starts running into your path during jogs, it's a sign that he wants a break, notes Ward.

SLOWLY REHYDRATE
Post-run, give your pup 4 to 8 ounces of room-temp water every 5 to 10 minutes. Drinking too much too quickly can cause painful bloating, Ward says. As a snack, he suggests bite-size veggies, like baby carrots: "They're nutritious, and dogs love the crunch."

THE 50/10 SUCCESS RULE

Here's a simple equation for getting more done, from productivity coach **Carson Tate**, author of *Work Simply*.

50 MINUTES WORKING ON A MENTALLY CHALLENGING TASK **+10** MINUTES DOING SOMETHING MINDLESS **= BETTER PRODUCTIVITY**



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4 ways to fight inflammation

A chronically fired-up immune system saps energy and tanks your mood, at the least. At worst, it ups your risk for issues like heart disease and cancer. These smart strategies will help. By Giovanni Campanile, M.D.

THE TRUTH IS, inflammation is good for you in small doses. If you get a cut, for example, swelling slows blood loss and calls bacteria-fighting white blood cells to the injury site. Problems occur when stress, junk food, lack of exercise, or a lingering illness trigger constant low-level inflammation. This makes blood stickier and thickens the artery walls, increasing your likelihood of cardiovascular disease, heart attacks, and stroke, as well as type-2 diabetes and cancer. The good news is that these four simple habits can minimize inflammation—and the resulting harm.

1 Reinforce your gut Ingesting probiotics (the good bacteria that fight infection) results in fewer signs of inflammation in the heart, found a recent study presented in *Nutrition Review*. Your goal: Every day, eat at least one serving of probiotic-rich options such as yogurt, fermented veggies (like pickles or kimchi), or kombucha tea.

2 Eat more greens A mostly plant-based, whole-food diet will minimize inflammation. At the same time, it doesn't hurt to bump up your protection with anti-inflammatory superstars like vitamin E (up to 1,200 IU daily) and quercetin (1,500 to 1,800 mg daily).

3 Be social Hanging out and laughing with close friends and family is a proven anti-inflammatory, report researchers from the University of North Carolina at Chapel Hill. Make sure you have at least one meaningful social interaction (as in, take the time to have a conversation with a friend or plan a lunch date) every single day.

4 Flexercise The gentle movements of yoga, stretching, and walking ease inflammation by reducing stress. Just 10 to 15 minutes daily will make a real impact.

Giovanni Campanile, M.D., is a Harvard-trained cardiologist, clinical assistant professor of medicine at Rutgers New Jersey Medical School, and director of integrative cardiology, nutrition, and cardiac rehabilitation for Morristown Medical Center in New Jersey. He's also owner of Pazzi Pasta (pazzipasta.com), an organic, ancient-grain eatery in Brooklyn.



Capsules and leaves photograph by Adam Voorhes; styling by Robin Finlay. Stretching photograph by Justin Steele.



Photograph by Adam Voorhes; prop styling by Robin Finlay

DIY Diagnosis

Anemia

Push the fingers of one hand back against their natural bend, then examine the lines on that palm. Are they red or brown, or whitish?

If they're whitish, you may have anemia, which affects about 20 percent of all women, says Ronald Hoffman, M.D., who's based in New York City. Iron produces the red blood cells that carry oxygen throughout your body, he says. When you don't have enough, your circulation slows, leading to pallor in your palms (plus your nail beds and inside lower eyelids). A simple blood test at your doctor's office can confirm if you have anemia, and if you need iron supplements.



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MOVER & SHAPER

Melia Marden

Meet your new mentor—and learn why she's making strides in the world of wellness.

She's a chef who prefers flavors to fads

Rather than plan a menu with each dish loaded with every trendy provision du jour, "I want my food to have as few ingredients as needed to be as good as it can be. I never want my food to be restaurant-y, I always want it to feel like it's home-cooked," says Marden, 34. Judging by the patrons who queue up to eat at The Smile, she's got that down. She also has the rare ability to transform very healthy fare into delicious, crave-worthy comfort food.

She reinvents the familiar (these days that means quinoa)

Marden has a way of taking work-a-day, homely ingredients and giving them a whole new spin. Take quinoa. It's on The Smile's brunch, lunch, and dinner menus: She elevates the ancient grain with luscious poached eggs or silky fresh ricotta. She even gets excited about broccoli. "I'm really into steaming it and drizzling it with almond oil lately. It's an easy, healthy, hearty thing to make that takes five minutes."

She coaxes the biggest flavors from the simplest process

To make vegetables and fruits taste brighter, crunchier, and overall more delicious, Marden turns to her quick pickling technique, which she uses on everything from apples to red onions to radishes. "I like really easy fresh pickles from a speedy overnight brine. I thinly slice something crispy, sprinkle it with salt, and let it sit. Then I mix distilled white vinegar with a little cane sugar, toss together, and serve."

Her food is proof you don't need a showpiece kitchen

From The Smile's tiny 125-square-foot kitchen (an expansion from the original minuscule 75), she turns out dishes like trout with caramelized onions, braised leg of lamb, and harissa-honey roasted chicken. And while so many chefs (or, hell, even home cooks) are total gas-stove snobs, Marden manages all this with induction burners and small electric ovens. But, she insists, "you can do a lot with very little!"

She wants you to share

Marden is hardly one of those chefs with a no-cameras policy in their restaurants. She loves that Instagram is documenting cultural obsessions with various food trends in real time. "I like it that people are into their meals in an extreme way, and Instagram is an extension of that. It's so nice to see people rejoicing about food—and pictures are such a nice thing to share."

—Amy Zavatto









GRIN AND PREPARE IT
Above: Marden at the restaurant, in what she calls her "kitchen ninja" chef uniform. ***Left, and bottom right:*** The Smile's cozy dining room and coffee bar are in an old row house in NoHo. ***Bottom left:*** Her spaghetti puttanesca.

Photographs by Heather Weston


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Nearly half her size!

What does it take to gain almost 150 pounds over a decade, lose it in a year and a half, then swim, run, and bike 140.6 miles in one day? The answer: patience, grit, and an attraction to the seemingly impossible.



Melinda Oldroyd found triumph on a beach in Cozumel, Mexico, with an announcer bellowing into a PA system: "You are an Ironman!" But her story began in a much darker place. Melinda, now 36, spent her 20s stuck in an unhappy marriage—and a routine of fast-food dinners. "As I gained weight, he stopped holding my hand in public," she recalls of her ex-husband.

After her divorce when she was 30, Melinda continued to gain weight. Working as a surgical tech in Salt Lake City, she'd spend long hours in the operating room, then emerge to gobble up the candy that was always on hand at the hospital. "I'd eat to deal with stress, or I'd fuel up on chocolate between surgeries," she says. Tired at the end of 10-hour shifts, she'd hit the drive-through and load up on dollar menu items.

Photographs by Mike Tittel

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GORGING ON THE SLY

To save money after her breakup, Melinda had moved home with her mom, who was perhaps too eager to help her shed pounds. "She would give me a look that I interpreted as, 'You shouldn't be eating that,'" Melinda says. "So I started hiding what I ate." Worse, it turned into an adrenaline habit: "Secretly overeating made me feel horrible, but knowing I could get caught was thrilling."



One Saturday evening, she locked the door to her room, popped in a DVD of the movie *Ever After*, and gorged on ice cream, a bag of chips, and dip. Stuffed and self-loathing, she threw the dip and half-eaten bag of chips in the trash. The first thing she did the next morning? Reach into the garbage for the chips and dip. "When I saw my hands in the trash, I knew something had to change," she says. Soon after, her mom bought her personal-training

TRYING THE IMPOSSIBLE

"When I first saw James, I thought he wouldn't want to work with a fat girl," she says of her trainer. But James didn't see a fat girl: He saw someone ready to transform her life. After a few months of training, James suggested she set a seemingly impossible goal: Complete an Ironman triathlon in Mexico—a 2.4-mile swim, 112-mile bike ride, and 26.2-mile run."He might as well have said, 'In a year and a half you are going to outer space.' But I was in," she says. For the following 18 months, Melinda worked out regularly—as many as 20 hours a week with a mix of strength training and cardio sessions—and revamped her diet to prep her for that morning in Cozumel. Standing among the 2,000 other athletes on the beach, nearly 100 pounds lighter than she'd been a year and a half before, tears welled up in her eyes. "I couldn't believe I was actually there," she remembers.

Fifteen and a half hours later, Melinda crossed the finish line and greeted her exuberant parents. "I was crying and smiling and laughing. I realized the value of dreaming big, because otherwise I would never experience anything beyond the expected," she says. But then, of course, her thrill-seeking self kicked in: "Ten minutes after I finished, I thought, 'Okay, so when can I do another one?'"

What worked for Melinda

A motivational phrase: "I may not be skinny, but I'm freakin' awesome and that's basically the same thing."

Daily scale habit: At first, I weighed myself every morning on a digital scale, and it was a huge boost to see that I was losing a little—tenths of a pound—each day. But now I can tell what I weigh by how my clothes fit.

Small changes: Just deciding that I was done with being overweight had a huge result. All it took was a small mental shift to dare myself to imagine that I could have a different life.

Go-to snacks: At work, I like V8, since I can get the equivalent of veggies through a drink. I've also learned to love cucumbers—they are clean and crisp, and I'll just bite into one like it's an apple. To curb my sweet tooth, I like Young Living's Slique granola-type bars.

Craving substitutes: I used to binge on cheese—on pizza, on burgers, mixed with salsa in dip—but now I buy natural string cheese to eat when a craving strikes. I don't feel denied, but I'm not overindulging, either.

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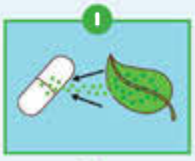


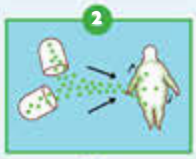
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Hot topic: Body image

What happens after the weight comes off

Whether you've dropped 10 or 110 pounds, you may still struggle with what you see in the mirror. Really, you have a lot to be proud of—you've done the hard part!—now your mind-set just needs some minor adjustments. Here, experts offer their best advice.

Mirror struggle: You've dropped at least a full size in clothes, but why doesn't *your* size 8 fit you the way your friend's size 8 fits *her*?

Mind-set adjustment:
It's these body-comparisons—and not appreciating your unique shape—that is consistently linked to body dissatisfaction, says Jo Gilmartin, Ph.D., of the University of Leeds in England, who's studied attitudes after weight loss. To be happy, it's important to stop viewing others as the benchmark. "The best way to flip your thinking is to look for victory instead of defeat," says Jo Ann Valle, M.S.W., a clinical social worker in Northampton, MA. This means giving yourself credit for every triumph: "Write out a list of all the things that have improved. Are you eating healthier? Do you have more energy? And you *have* gone down a size. Celebrate every change because it's easy to forget the struggle it took to get there," Valle says. Revisit this list—and add to it—as often as possible. (Never underestimate the power of a scissors snip, either: If the 8s look great but you're bereft they're not 6s—just cut the size tag off.)

Mirror struggle: The weight is gone, but your new smaller body still has the same general shape as your old body. (Your legs are thinner—but you had your heart set on a thigh gap!)

Mind-set adjustment:
If only we drop pounds a la carte—skinnier legs, thinner waist.... "It's tough to accept genetic predispositions," Valle says. Even if, intellectually, you knew that your arms wouldn't magically get longer as they got leaner, emotionally, you'd imagined it—and now you're kind of crushed. Remember, though, that everyone—probably even Kate Upton—has a feature she doesn't love. So focus on what body part you *do* love and play it up (Valle suggests treating yourself to some new clothes). And, again, keep a list of how your life has gotten better: Staying positive is especially key around the 25-pound milestone to protect yourself from that "once a pear shape, always a pear shape" mentality, slipping into the "why even bother?" trap, and gaining the weight back.

"The first time I tried on a bikini after losing 115 pounds and saw the excess skin on my stomach, I was pretty devastated."
—Heather McNally, Orlando, FL



Mirror struggle: You love the benefits of no longer being so big—but it's hard to look beyond the sagging skin you have now.

Mind-set adjustment:
Women who've lost the most often feel like they have the least to be happy about. Loose skin is such a mental hurdle for formerly large people, in fact, that "it triggers huge dissatisfaction with appearance," Gilmartin says—and those feelings of ugliness can then spiral to depression and isolation. To combat this, Valle (who's lost 80 pounds herself) recommends bolstering yourself with a mantra—like "This skin is proof of how far I've come"—and to extend its power with an anchor, like a piece of jewelry or a small stone "that you touch when you feel those twinges of disappointment." In a recent study of formerly obese people published in *The Journal of Clinical Nursing*, Gilmartin also found that joining an online community or support group of others who've lost a lot of weight, and are familiar with the way it can mess with your head, can encourage you out of a funk.

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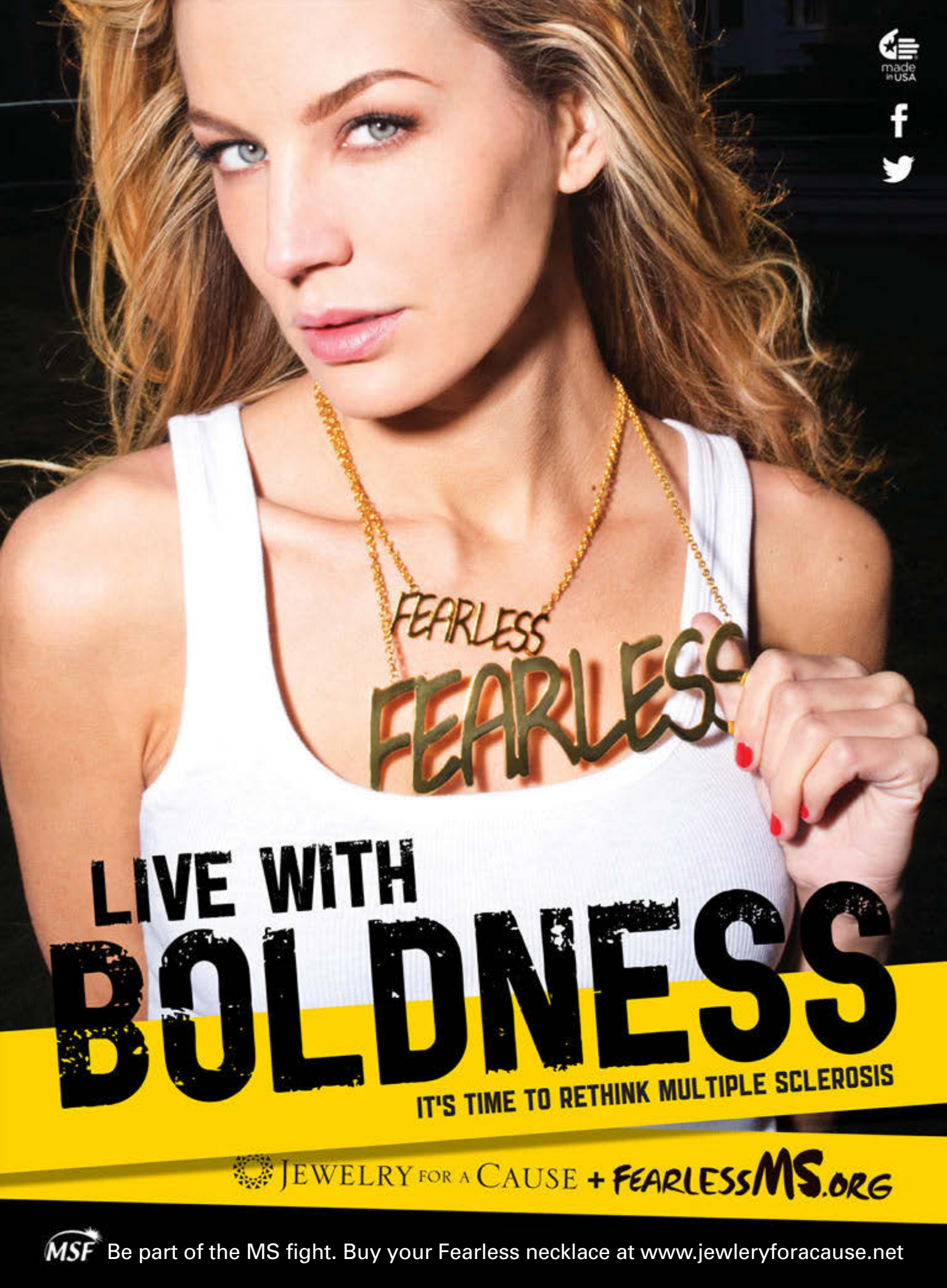
This year, Diva Dash has teamed up with **Girls on the Run,** an empowering program that gives girls in 3rd–8th grade the skills and experiences to navigate their world with confidence and joy. Through a curriculum that includes team activities and running games, Girls on the Run helps each girl understand and celebrate herself, value healthy living, and realize her power to impact the world.

Make a difference in your community and register your Diva Dash team for the Girls on the Run **SoleMates** program.
Learn more at Girlsontherun.org

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Think about it

Rules are for fools. Okay, perhaps that's extreme, but the point is, conventional wisdom just doesn't fly anymore. Abide by self-imposed "universal" laws and in no time you become outdated, a dull dresser, culinarily stuck, a workout deadbeat.

Which is why we're pushing anti-conventional wisdom in these pages. Our message: A fierce slug-and-kickboxing workout gives you a long, lean, feminine body; your easy, no-fuss Tuesday night dinner can indeed be fancy; that slinky, to-die-for dress absolutely goes best with your sportiest sneakers.

It's all about perspective. This life-sharpening tool should be changing all the time. Find new angles, twist the normal into knots. Fitter, better, happier is a product of evolution and, like everything else in this magazine, an excellent payoff for constant movement. Be a woman without borders.



9 Moves to a KNOCK-OUT BODY

Kickboxing does a lot of very good things. First off, a fight-style workout will whip your body into phenomenal shape: New research finds it's one of the fastest ways to burn calories and get fit, winning you toned, sexy muscles and a lean figure. But equally valuable, those power punches and kick combos make you feel supremely badass, instilling the kind of confidence that sticks. Strong body, strong mind. Ready?

By Jaclyn Emerick



Photographs by Francisco Garcia


"FIND INSPIRATION IN SMALL ACCOMPLISHMENTS LIKE AN EXTRA REP, A BETTER KICK, MORE POWER."
—Libin Anderson



STEAL HER STYLE: ***This page:*** **Onzie** bra top. **Chamilia** earrings (worn throughout). ***Opposite page:*** **Move by Alternative** sweatshirt. **C9 by Champion** bra top. **Cynthia Rowley** shorts. **Adidas** sneakers from a selection at Dick's Sporting Goods (worn throughout).

Hair by Noah Hatton/Judy Casey for Redken/Cutler NYC; makeup by Brian Duprey/Judy Casey for Nars

You can't argue with science: When it comes to getting fit fast, kickboxing is a champ. People who did a one-hour workout with punching and kicking combos three times per week over the course of five weeks saw *significant* gains in their fitness levels, finds a new study published in the journal *Muscles, Ligaments, and Tendons*. They improved their upper-body muscle power by 13.5 percent, aerobic power by 13.2 percent, anaerobic fitness by 42.4 percent, speed and agility by 6.5 percent, and flexibility by 14.4 percent, versus people who did a more traditional strength-training workout, the study authors report. To translate what those stats mean for your workout: They were able to give more effort and for longer, with better coordination and range of motion—things that can make any exercise feel easier. Yes, kickboxing moves are intense, but they improve strength and endurance in ways that don't put a lot of stress on the hips, knees, and feet.

It may come as a surprise, but combat-style workouts also have a positive impact on your personal life and relationships. When teenagers combined a 30-minute noncontact boxing workout (with things like shadowboxing, bag exercises, and one-on-one pad work) with 30 minutes of weight training three times a week for 12 weeks, they reported increased self-confidence, better performance in school, and a motivation and willingness to take part in new activities, finds current research in the *Journal of Sports Science and Medicine*. The same people also reported that the workout not only improved their fitness but led them to develop new friendships. "With boxing workouts, the initial changes to strength and skill are easy to see, and there's a real sense of pride in that," says study author Sarah P. Shultz, Ph.D., a biomechanics specialist at the School of Sport and Exercise at Massey University in Wellington, New Zealand.

Okay, so you may never step foot in a boxing ring. And, hopefully, you will never get into a fistfight or need to physically defend yourself. But that strong, sculpted boxer's physique? You can still have that thanks to this routine created by

Dasha Libin Anderson, co-owner of Anderson's Martial Arts in New York City, who has a master's degree in exercise science and sports nutrition and is the creator of Kettlebell Kickboxing (a class that combines kettlebell moves with punches and kicks). Her workout incorporates all of the components of fitness—from endurance to strength, mobility (which draws on brawn and flexibility), and reaction—in one single session. That's like combining your run, resistance training, and yoga class in one efficient half-hour.

And yes, any kind of martial arts sounds technical, but whether you're just starting your fitness journey or you're already superfit, you can tailor this workout to your level so you always feel challenged and see results. "If you're new to exercise, resist the urge to speed through the moves, and focus on nailing your form," Libin Anderson says. "After a few weeks, you'll see your body start to adapt and make incredible gains." Likewise, if you're a sweat vet, push your pace and try to find that uncomfortable-but-not-painful zone.

You've got nine exercises. You'll do two fast-paced body-weight moves to shoot your heart rate up and spike your calorie burn, then one move with a medicine ball to hone in on some key core muscles while your breathing recovers. Some of the moves have punches and kicks, but not all of them. "Punching and kicking is just one element of the sport," Libin Anderson explains. "And like in every sport, there are developmental drills and conditioning regimens to help you build your base and make you better at that particular activity." The medicine-ball moves (Libin Anderson calls these "supplemental moves") function in this workout to break up the pace, develop a strong core, and train your muscles to contract more powerfully. Three, two, one, go!

YOUR PLAN

Warm up with a 5-minute jump rope (details at right). Then, do the first 3 moves for 1 minute each. Go as fast as you can with good form for the 2 body-weight moves, then slow down to really control the medicine-ball move. Then, rest for 1 minute. (If you're a total newbie, Libin Anderson suggests resting for 2 minutes rather than 1.) Do the next 3 moves for 1 minute each. Rest for 1 minute. Do the final 3 moves for 1 minute each. Rest for 1 minute. Do that whole thing 2 or 3 times total. This setup mimics the 3-minute rounds of professional boxers and kickboxers. Do this routine 3 times a week on alternate days. Libin Anderson recommends either running, yoga, or just resting on your in-between days.

YOU'LL NEED

A jump rope and an 8- to 10-pound medicine ball.





STEAL HER STYLE: ***This page:*** **Everlast** sweatshirt. **Adidas by Stella McCartney** leggings. ***Opposite page:*** **Drop of Mindfulness** sweatshirt. **Splits 59** bra top. **Pilot Athletic** leggings.

YOUR WARM-UP

Prep for the work ahead with this quick primer. You'll increase your muscle temperature, breathing, and heart rate, and also improve your focus, speed, reaction, and balance, Libin Anderson says. This strengthens your whole body (and brain!) so you can maneuver with total control and confidence.

Set a timer for 5 minutes and start jumping. Your goal: a minimum of 250 revolutions before the time is up. If you trip, compose yourself and pick up where you left off. If you've hit 250 before the 5 minutes are up, keep going. Remember your total revolutions. Next time you do the warm-up, aim to get 20 more in. "It seems simple, but it will challenge you to progress, since your goal is to keep adding revolutions even though your time frame stays the same," Libin Anderson says.

> *"IN KICKBOXING, SOLID FOOTWORK IS KEY. JUMPING ROPE CAN HELP YOU BECOME MORE AGILE, RESPONSIVE, AND COORDINATED."*
> —Libin Anderson



STEAL HER STYLE:
This page: **Adidas by Stella McCartney** bra top. **Norma Kamali** pants.
Opposite page: **Koral Activewear** bra top and pants.



"YOU HAVE TO USE SO MANY MUSCLES TO FIND THE BALANCE AND POWER TO KICK. YOU'LL BURN CALORIES AND TONE EVERYTHING FROM THE ABS DOWN."
—Libin Anderson

Punch & kick YOUR WAY FIT



A/B →

1. Plié-squat crescent kick

Works abs, obliques, butt, quads, outer and inner thighs

Stand with feet more than hip-width apart, toes out, arms down. Squat, rotating torso to the left (keep hips square), reaching right hand to the floor between feet and left hand up and back **[A].** Shift weight to left leg to stand and kick right leg in a circle away from the body (called a crescent kick), hands in fists at chest, elbows bent **[B].** Land in plié squat, this time rotating torso to the right, reaching left hand to the floor between feet and right hand up and back. Repeat kick with left leg. Continue alternating sides for 1 minute.

A → B ↘ C ↓

2. Deck-squat plank

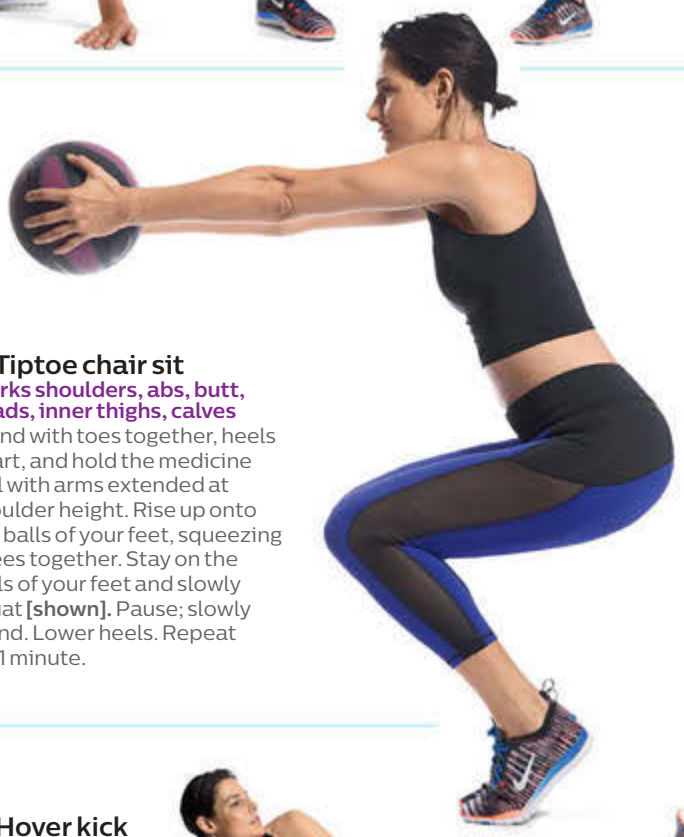
Works shoulders, chest, abs, butt, quads

Stand with feet hip-width apart, arms down. Crouch with hands at chest, elbows bent **[A].** In a fluid motion and without touching hands to the floor, sit and roll back, lifting hips and coming onto shoulder blades **[B],** then roll forward with enough momentum to come into a crouching position with palms planted. Jump feet back to plank **[C].** Jump feet up to hands, then stand. Repeat for 1 minute.









3. Tiptoe chair sit

Works shoulders, abs, butt, quads, inner thighs, calves

Stand with toes together, heels apart, and hold the medicine ball with arms extended at shoulder height. Rise up onto the balls of your feet, squeezing knees together. Stay on the balls of your feet and slowly squat **[shown].** Pause; slowly stand. Lower heels. Repeat for 1 minute.



4. Hover kick

Works abs, butt, quads, inner thighs

Stand with feet together, arms in fists at chin height, elbows bent. Shift weight to right leg (keep heel planted) and bend knee as you extend left leg forward with toes pointed, hovering about 2 inches above floor. Keeping right leg bent and left foot off floor, draw left leg out to left side, then behind you. Then power through the right leg to forcefully kick left foot to the left, leaning upper body to the right **[shown].** Repeat for 30 seconds. Switch sides; repeat.

STEAL HER STYLE
Onzie top. Michi leggings. Nike sneakers from a selection at Zappos.

5. Bridge punch

Works shoulders, biceps, abs, butt, hamstrings, inner thighs

Lie faceup with knees bent, feet flat, hands in fists at chest, elbows bent to start. Lift hips until body forms a straight line from shoulders to knees. Lower hips then sit up, punching right hand forward **[shown],** then left hand forward. Lower to starting position. Repeat for 1 minute.





6. Leaning press

Works shoulders, biceps, obliques

Stand with feet hip-width apart, toes pointing slightly left, and place the medicine ball in your right palm. Place left hand on your lower back and raise the ball overhead with elbow bent to 90 degrees; gaze at the ball. Fold at the waist to lower your torso to the left, pressing right hip to the right, keeping the ball overhead and eyes on the ball **[shown].** Lower the ball slightly; then raise it. Slowly return to standing. Repeat for 30 seconds. Switch sides; repeat.

A↙ B↓

7. Fight-stance burpee

Works shoulders, chest, abs, butt, quads, hamstrings

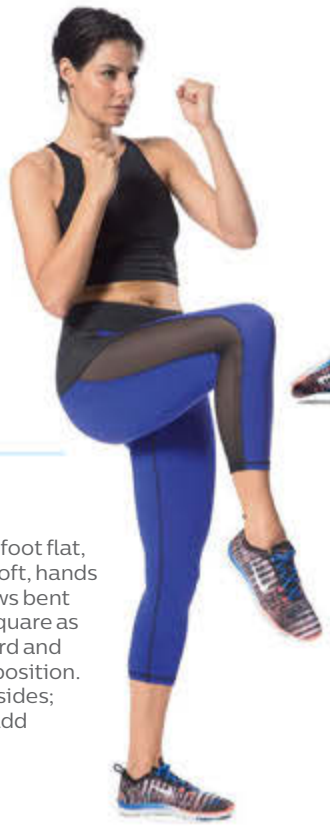
Stand with left leg forward, knees soft, hands in fists at chin height with elbows bent **[A]** (fighter's stance). Crouch, place hands on floor **[B],** jump feet back to plank. Lower your body to the floor, then push back up, jump feet to hands with left leg in front of the right, then stand. Repeat for 30 seconds. Switch sides; repeat.



8. Knee thrust

Works abs, obliques, butt

Stand with left leg forward and foot flat, heel of right foot lifted, knees soft, hands in fists at chin height with elbows bent to start. Keep your shoulders square as you drive your right knee forward and up **[shown].** Return to starting position. Repeat for 30 seconds. Switch sides; repeat. To advance the move, add a jump with the knee thrust.





A/B↑

9. Lat push-up

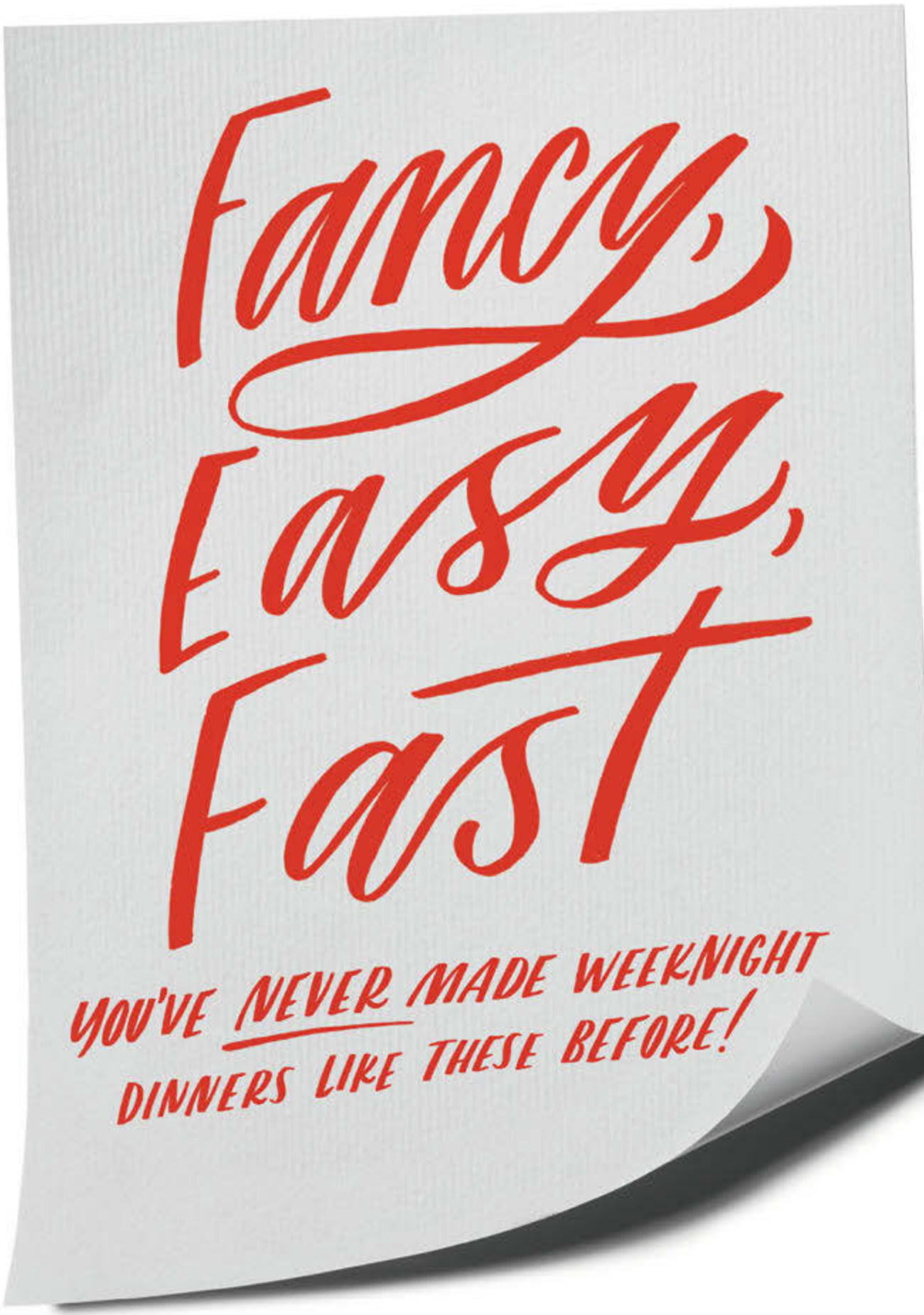
Works back, abs

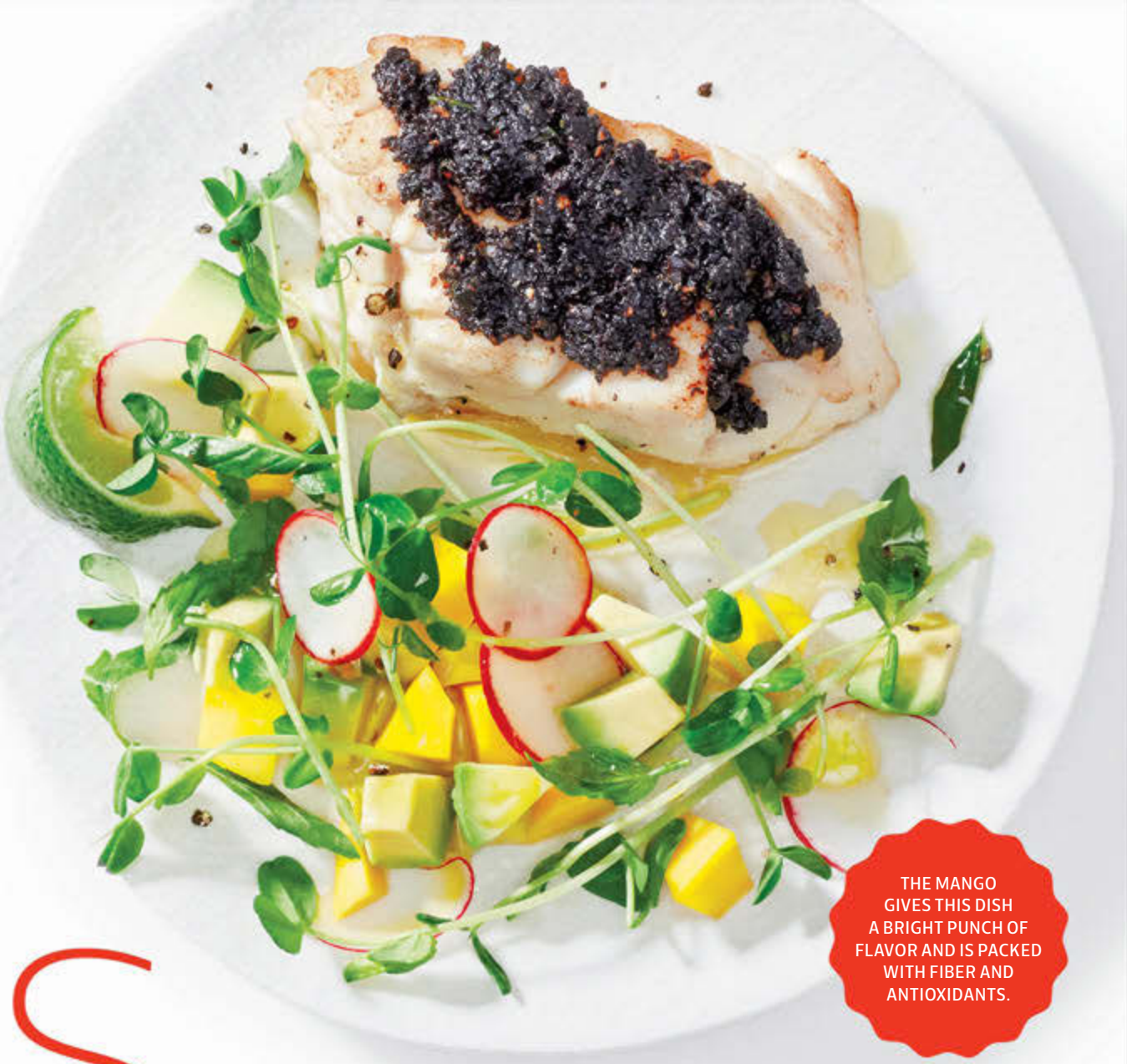
Sit on heels, knees together and palms on the medicine ball. Draw hips back to straighten back and extend arms forward (like you're coming into child's pose over the ball) **[A].** Hold for a breath. Then, squeeze your abs and roll the ball forward, coming off your heels with back straight until you come into a supported plank. Extend arms as far forward as you can while keeping your back straight **[B].** Hold this position as long as you can. Repeat as needed for 1 minute.



Photographs by CHRISTINA HOLMES

Food styling by Jamie Kimm; prop styling by Lisa Lee for Roy Brown Pro. Opposite page lettering by Molly Jacques


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THE MANGO GIVES THIS DISH A BRIGHT PUNCH OF FLAVOR AND IS PACKED WITH FIBER AND ANTIOXIDANTS.

Step away from the boring chicken breasts and broccoli florets. These recipes from chef **Lorraine Pascale,** author of *Everyday Easy*, get a creative, healthy meal on the table (including sides!) in 20, 25, or 30 minutes flat.

Tapenade-Crusted Cod with Mango-Avocado Salad

Serves: *4*

Cook time: *10 minutes*

Total time: *20 minutes*

- ¼ cup pitted black olives
- ¼ cup extra-virgin olive oil plus 1 teaspoon more for salad
- 2 tablespoons capers
- 2 sprigs fresh rosemary, leaves removed
- 2 small garlic cloves, peeled
- salt
- freshly ground black pepper
- 4 thick, skinless cod fillets
- 1½ cups cubed mango
- 2 radishes
- ½ ripe avocado
- a few fresh basil leaves
- 2-3 ounces pea shoots or arugula
- 1 lime

1 Preheat the oven to 400°F. In a blender or food processor, combine olives, olive oil, capers, rosemary leaves, and garlic. Season with a bit of salt and pepper and process until smooth. Place the fish fillets on a baking tray, smear tapenade over the tops, and bake fillets for 10 to 12 minutes.

2 While the fish cooks, make the salad. Add mango pieces to a medium bowl. Trim and finely slice radishes and slice or dice avocado and add to bowl. Tear the basil leaves and add, along with the pea shoots or arugula, to the bowl. Season with salt and pepper, drizzle with 1 teaspoon oil, and squeeze lime juice over salad. Toss to combine.

3 When fish is cooked (it should be opaque through to the center), remove it from oven. Divide the salad among four plates, top it with the cod, and serve.

* ***Nutrition score per serving***
325 calories, 21g fat (3g saturated), 16g carbs, 22g protein, 4g fiber, 246mg sodium



Shrimp Linguine with Chorizo & Cabernet-Tomato Sauce

Serves: *4*

Cook time: *25 minutes*

Total time: *25 minutes*

- 2 teaspoons fennel seeds
- 5 ounces fresh spicy chorizo
- 2 sprigs fresh rosemary, leaves removed
- 2 garlic cloves
- 1 red chili pepper
- 1 tablespoon olive oil
- 2 14-ounce cans chopped tomatoes
- 5 ounces Cabernet Sauvignon (you can substitute another red wine, or good-quality fish or chicken stock)
- 1 tablespoon harissa paste (substitute tomato purée for less heat)
- 2 teaspoons dried oregano
- 8 ounces peeled shrimp (preferably raw, but cooked will work too)
- salt
- freshly ground black pepper
- 2 teaspoons sugar (optional)
- 11 ounces linguine
- small handful flat-leaf parsley, stems discarded

1 Heat a large sauté pan over medium. Use a mortar and pestle to lightly crush fennel seeds (or, place in a zip-top plastic bag and crush with a rolling pin). Toast for 3 to 4 minutes or until fragrant.

2 Slit chorizo down the side, peel and discard the casing, and cut meat into chunks. Finely chop rosemary leaves. Peel and finely chop the garlic, and seed and finely chop the chili pepper.

3 Add chorizo, rosemary, garlic, and chili to the fennel seeds with 2 teaspoons oil. Cook for 1 to 2 minutes, stirring. Add the tomatoes, wine, harissa, and oregano. Turn up heat to medium high and cook for 15 minutes, stirring occasionally to prevent sticking, adding shrimp for the last 4 to 5 minutes or until cooked through. Season with salt and pepper, and add sugar, if using.

4 Meanwhile, cook the linguine in a large saucepan according to package directions. Drain well and return to the pan; toss with salt, pepper, and 1 teaspoon oil, and cover to keep warm until sauce is finished.

5 Pour shrimp and sauce over pasta, toss well, and divide among four plates. Garnish with parsley leaves and serve.

✻ ***Nutrition score per serving***
632 calories, 22g fat (6g saturated), 75g carbs, 30g protein, 7g fiber, 1,214mg sodium





Moroccan Chicken Pot Pies

Serves: *6*

Cook time: *30 minutes*

Total time: *30 minutes*

- cooking spray
- 2 large onions, thinly sliced
- 4 large chicken breasts, cut into 1¼-inch chunks
- 3 tablespoons cornmeal
- salt
- freshly ground black pepper
- 1 garlic clove, finely chopped
- 1¼ - inch piece fresh ginger, peeled and chopped
- 2 teaspoons cinnamon
- 2 teaspoons ground cumin
- 1 teaspoon paprika
- 2½ cups chicken stock
- 2 carrots, peeled and sliced into ¼-inch slices
- 4 ounces frozen peas
- 2 ounces dried apricots, roughly chopped
- 3 sheets phyllo pastry dough
- small bunch of cilantro or flat-leaf parsley, leaves removed and chopped
- 1 ounce flaked almonds

1 Preheat oven to 350°F. Coat a large pan with cooking spray and heat over medium. Add onion and cook for 5 minutes, stirring occasionally, until softened.

2 While onions cook, toss chicken with cornmeal, salt, and pepper until evenly coated.

3 Add garlic and ginger to the pan. After 1 minute, add cinnamon, cumin, and paprika. Cook for 1 more minute, add chicken, cook for another minute, and then gradually add stock, stirring continuously. Turn heat to high, add carrots, peas, apricots, and a touch more salt and pepper. Bring to a boil, then reduce heat, cover, and simmer gently until chicken is cooked through and sauce has thickened, about 5 minutes.

4 Meanwhile, prepare the topping. Stack phyllo sheets in a pile and using a sharp knife, pizza wheel, or pastry cutter, cut them widthwise into ⅜-inch strips. Cover with a damp tea towel until ready to use.

5 Divide filling among six ramekins and scatter cilantro or parsley over each. Divide phyllo strips into six even bunches and lay one bunch messily on top of each pie. Scatter almonds evenly over tops, spray each pie with two squirts of cooking spray, and bake for 15 minutes or until chicken is cooked through and piping hot, phyllo is crisp and golden brown, and sauce is bubbling. Remove from oven and serve immediately.

✻ ***Nutrition score per serving***
260 calories, 5g fat (1g saturated), 30g carbs, 22g protein, 5g fiber, 327mg sodium



Chicken Tikka Masala with Fluffy Basmati Rice

Serves: *4*

Cook time: *20 minutes*

Total time: *20 minutes*

- 3 tablespoons garam masala
- 1 tablespoon paprika
- ½ tablespoon vegetable oil, plus more for rice
- 4 skinless, boneless chicken breasts, cut into 1-inch chunks
- 1½ cups basmati rice
- 1 teaspoon ground turmeric or curry powder or a pinch of saffron strands (optional)
- 1 bunch green onions
- 1¾-inch piece of fresh ginger
- 2 garlic cloves
- 1½ cups plain yogurt or light cream (optional)
- 7 ounces tomato purée
- 2 teaspoons English mustard powder (like Colman's)
- salt
- freshly ground black pepper
- fresh cilantro or parsley leaves to garnish

1 Set a pot or kettle with 3 to 4 cups of water to boil. Meanwhile, heat a large frying pan over medium high and add the garam masala and paprika. Toast for several minutes until fragrant and then transfer to a plate and set aside.

2 Drizzle oil into the frying pan. Cook chicken for 5 minutes over medium high, tossing from time to time, until evenly browned.

3 In a medium saucepan, combine rice and turmeric, curry powder, or saffron. Pour enough boiled water to cover the rice by ¾ inch, cover with a lid, and bring to a boil. Then reduce heat to low and cook for time directed on the package.

4 Meanwhile, trim and finely slice the green onions, peel and grate the ginger, and peel and finely chop the garlic. Add them to the chicken along with yogurt or cream, if using, tomato purée, toasted spices, and mustard powder. Continue to stir until sauce thickens and chicken is cooked through. Adjust seasoning to taste and if sauce gets too thick, thin it with water.

5 When rice has absorbed all the water, remove from heat, fluff with a fork, season with salt and pepper, and add a drizzle of oil, if desired. Cover to keep warm.

6 Divide rice among four plates and top with the chicken and sauce. Garnish with cilantro or parsley, if using.

✱ ***Nutrition score per serving***
497 calories, 6g fat (1g saturated), 80g carbs, 33g protein, 7g fiber, 166mg sodium

Adapted with permission from Everyday Easy by Lorraine Pascale (ECCO/HarperCollins 2014) and A Lighter Way to Bake by Lorraine Pascale (ECCO/HarperCollins 2013)

Spicy Bean Burgers with Corn Couscous & Cilantro-Lime Cream

Serves: *4*

Cook time: *12 minutes*

Total time: *30 minutes*

- 1 14-ounce can kidney beans
- 1 14-ounce can lima beans
- 1 bunch green onions
- 1–2 chili peppers (depending on your heat preference)
- 1 garlic clove
- 2 ounces sun-dried tomatoes
- large handful of fresh cilantro, stems discarded
- ¼ cup plain dried bread crumbs
- 2 medium eggs
- salt
- freshly ground black pepper
- 4 ounces feta
- ½ tablespoon sunflower oil
- 1¼ cups couscous
- 2 teaspoons extra-virgin olive oil
- ⅓ cup sour cream or crème fraîche
- ½ lime
- 5 ounces cherry tomatoes
- 1 7-ounce can sweet corn
- 1 small red onion
- 1 ripe haas avocado

1 Drain and rinse kidney and lima beans and add to a large bowl. With a potato masher, give them a rough mash (you can also quickly pulse the beans in a food processor).

2 Trim and finely slice the green onions, seed and finely slice the chili peppers, peel and finely chop the garlic, and finely chop the sun-dried tomatoes; add all to the beans. Finely chop cilantro; add half to bean mixture, reserving the other half. Add bread crumbs to the beans and crack the eggs into the bowl. Season generously with salt and pepper and mix to incorporate eggs. Crumble feta and gently fold it into the mixture.

3 Boil 1½ cups of water. In a large frying pan over medium, heat sunflower oil. Shape bean mixture into four patties. Add to the pan and leave to cook for 5 minutes. When undersides are golden and crisp, carefully flip and cook for about 5 minutes more.

4 Meanwhile, to a medium bowl, add couscous, 1 teaspoon olive oil, and boiled water. Cover tightly with plastic wrap and let sit for 8 minutes.

5 In a small bowl, combine reserved cilantro with sour cream, salt and pepper to taste, and a squeeze of lime juice. Set aside.

6 Halve the cherry tomatoes and drain the corn. When couscous is tender, fluff with a fork, add tomatoes and corn, and drizzle with the remaining olive oil. Season to taste with salt and pepper and cover to keep warm.

7 Peel and slice the red onion into rings. Peel, pit, and slice or dice the avocado. Divide couscous among four plates. When burgers are crisp and golden on both sides, place one on each plate. Dollop cream sauce on top of the burgers, arrange the avocado and onion rings on top, scatter any remaining cilantro leaves over plates, and serve.

✻ ***Nutrition score per serving***
666 calories, 23g fat (9g saturated), 91g carbs, 27g protein, 16g fiber, 657mg sodium

SPICY FOODS CAN RAISE YOUR METABOLISM FOR UP TO 3.5 HOURS POST-MEAL.





Something's fishy



You know the health benefits of eating fish, but what you don't know is what kind of fish you're actually eating, finds a shocking investigation. A third of seafood in the U.S. is mislabeled, which means you may be dipping toxic sushi into your soy sauce. Here's all the info you need to stay safe.

By Richard Laliberte

> **The FDA examines a minuscule 2 percent of fish eaten in the U.S. Until there's more oversight, consumers have to look out for themselves.**

IMAGINE ORDERING a filet mignon at a nice steak house, but being served chicken breast instead. You call your waiter over and point out the error, only to be told the poultry on your plate is indeed the steak you ordered.

Sound crazy? A version of this scenario is actually playing out at sushi restaurants and seafood counters all over the nation. Almost 90 percent of so-called "snapper" sold in the U.S., for example, is a completely different (and usually cheaper) kind of fish—most often rockfish or tilapia, according to a recent nationwide report from the conservation group Oceana. But unlike with chicken and beef, most diners, servers, and even some chefs can't distinguish the two species, and will never know they've been duped.

Seafood fraud isn't limited to just a few species, either. After a 2012 report found widespread fraud in LA, "we kept moving to different cities thinking we'd find a less-troubling story," says Oceana campaign director Beth Lowell. "But everywhere we tested, we found mislabeling."

All told, Oceana analyzed the DNA of 1,215 samples from 674 retailers in 21 states—one of the largest seafood investigations ever done—and found a third of the items wrongly identified. The problem was worst in sushi venues (where 74 percent of seafood was mislabeled), followed by restaurants (38 percent) and grocery stores (18 percent). Other studies have made similar discoveries. Mako shark passes for swordfish, hake takes the place of grouper, farmed shrimp and salmon stand in for wild—the list is extensive. "Often, the fish that's swapped in is a lower-cost, more abundant, less-desirable type, so you're getting ripped off," says Lowell.

Your wallet isn't the only thing hurt by this practice, however—your well-being is at risk too. Some imposters may be varieties that the Food and Drug Administration (FDA) advises consumers to avoid for health reasons. A sample of "red snapper" in New York City, for instance, turned out to be tilefish, one of four species the FDA says is likely to contain the highest levels of mercury, a heavy metal that can accumulate in the body and harm the nervous system, leading to symptoms like slurred speech and muscle weakness. (Tilefish's average mercury content is 1.45 ppm; red snapper's is a safer 0.6 ppm.)

Another widespread health problem is "white tuna" that's really escolar, an oily fish containing a strong laxative toxin that can quickly cause diarrhea. So the "food poisoning" you got from that new sushi spot may actually have been caused by a perfectly fresh, but toxic piece of knock-off sashimi. The FDA advises against the fish's sale, and some countries ban it. Yet, "if you go into almost any sushi restaurant and ask for white tuna, chances are you'll end up getting escolar," says Bun Lai, chef at Miya's Sushi in New Haven, CT, and an advocate for seafood traceability. Nationwide, Oceana found escolar standing in for white tuna 84 percent of the time.

Even America's favorite seafood—shrimp—isn't safe. A new Oceana investigation found that roughly one-third

Richard Laliberte is an award-winning health journalist.

of shrimp products in restaurants and grocery stores are mislabeled. In some cases, the replacement crustaceans are species considered not fit for human consumption in the U.S., including one type—a banded coral shrimp—that is intended to be an aquarium dweller, not food.

As if the health risks aren't scary enough, "there's a sinister, ecological side to mislabeling that goes beyond the stomach," adds Jennifer Jacquet, Ph.D., assistant professor in the Department of Environmental Studies at New York University (who helped uncover the issue in an academic paper). Many people make an effort to buy only local and/or wild-caught fish, for environmental or ethical reasons as well as for the health benefits. "You can't do the right thing for the environment as a consumer if you can't depend on getting the fish you really want," says Jacquet. "It's a major barrier to sustainability."

Bait and switch

Mislabeling can happen anywhere in the journey from habitat to table (see sidebar on page 187 to learn more). "A fish may travel all the way around the world and back again before it gets to you," Lowell notes—and as of now, this long trek is made with little oversight. Seafood is the most traded food commodity in the world, and more than 90 percent of the roughly 1,700 species the FDA says can be sold in the U.S. is imported. Only about a fifth of that arrives on American shores as whole or gutted fish. The rest is processed, meaning identifiable features like heads, tails, and skin are removed to prepare fillets or products like breaded fish, explains Lowell. "When everything is cut into the same thickness with no skin, it's hard to tell one white fillet from another."

Names themselves can be confusing. The FDA keeps a list of all fish allowed on the U.S. market and what they can be called if sold across state lines, but states still sometimes allow different local monikers for the same types of seafood. Another layer of lingual confusion falls on sushi. "In Japanese, Pacific red snapper is *tai*," says Lai. "*Izumi dai*, translated directly, is freshwater snapper and is the common name used for tilapia. It's easy to mix up the names because one is *tai* and the other *dai*; both fish have similar bright-red, translucent flesh too."

Though such errors are pervasive, until recently little has been done to catch or prevent them. The National Marine Fisheries Service—part of the Department of Commerce—says it inspects just a third of seafood eaten in the U.S. The FDA examines a minuscule 2 percent, and isn't equipped to oversee or detect fraud. "A number of



Food styling by Matt Vohr for Halley Resources, Inc.; prop styling by Christopher Stone for Halley Resources, Inc.

"THERE'S A SINISTER, ECOLOGICAL SIDE TO MISLABELING THAT GOES BEYOND THE STOMACH."

agencies have a piece of the problem, but nobody owns it," says Lowell. "We have a patchwork of authority that leaves a lot of holes where things slip through the cracks, and there's not enough funding for enforcement."

But change is brewing. Last June, President Obama formed a task force to explore beefing up sustainable fishing, fighting fakery, and promoting accurate traceability. And then in December the task force released their first recommendations, calling for a stronger system of checks and balances to shed light on fraudulent practices, and increased penalizations to incentivize the fishing industry to stay on the straight and narrow. After opening the recommendations to public comment, the task force is expected to release a revised action plan in the first half of this year. Still, until actual changes take place, consumers have to look out for themselves. These techniques will help you avoid phony fish in stores and on menus.

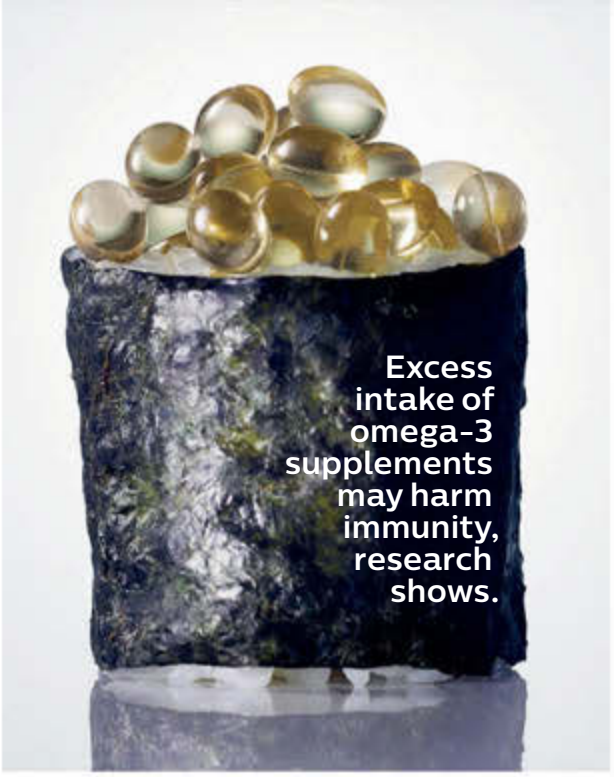
Do dock-to-table

Shorten the supply chain by going to local fish or farmers' markets where vendors buy directly from the dock, recommends Jacquet. If you don't live in a coastal area, the online retailer vitalchoice.com delivers seafood guaranteed to be from reputable, sustainable, often third-party-certified fisheries. "The closer you get to the fisher, the better," Jacquet says. Or look for a community-supported fishery on localcatch.org. These operate on the same business model as community-supported agriculture (CSAs)—you prepay for a share of seafood that's delivered regularly from a local fisherman.

Buy whole

"If you start with an intact fish and ask the person behind the counter to fillet it for you, it's less likely to be mislabeled than a plain white fillet in a package," says Lowell.

(Continued on page 199)



Excess intake of omega-3 supplements may harm immunity, research shows.

OMEGA OVERDOSE

FISH'S NUTRITIONAL powerhouse status is due in large part to its omega-3 fatty acids. Eating the healthy fats have been linked to everything from a reduced risk of heart disease to improved brain function. So it makes sense that non-fish lovers who want these perks often turn to omega-3 pills instead. But healthwise, swallowing a pill may not be equal to eating the real deal, report the experts.

"Fish is a source of nutrients besides omega-3s that probably all work together," explains Mary Harris, Ph.D., R.D.N., professor of food science and human nutrition at Colorado State University, Fort Collins. "Isolating one nutrient may not have the same benefits." The evidence seems to back up this claim: People at risk of heart disease who took fish oil pills had just as many strokes, heart attacks, and deaths as those who popped a placebo, a recent clinical trial of more than 12,000 participants found. And while eating a serving of fish a week is associated with a 13 percent slower decline in brain function per year, according to Chicago Health and Aging research, omega-3 supplements didn't reduce risk of dementia in a review of more than 3,500 people in *The Cochrane Library*.

Another reason to avoid omega-3 pills: Excess consumption can harm your immune function, making it difficult to fight infection, report Oregon State University researchers.

The study's authors didn't specify a safe upper limit (National Institutes of Health experts say more than 3 grams a day can impair blood clotting), nor did they advise against supplementing altogether. That said, aiming to get your omega-3s from foods may be a safer bet than pills. If fish isn't your bag, try eating two or three servings per week from sources such as flaxseeds, fatty nuts, and fortified foods and oils.

Crook, line & sinker

This supply chain describes the journey a fish makes from the water to your plate—and how it may be mislabeled along the way.

Fishers: The people who do the catching have less opportunity to fudge fish when selling them whole to processors who know a striped grouper from a banded one. But illegally caught, overfished species may be given false labels or mixed with legitimate catches when loaded onto cargo vessels at sea.

At-sea processors: While some fishers bring catches directly to shore, they often put fish on ice and off-load the cargo midocean onto factory ships for primary processing: They remove heads and guts to make it easier to transport and preserve the seafood. (Processing ships may take fish from different boats.) Newly anonymous-looking fillets of less-valuable species may be mislabeled as more expensive types to boost the price per pound.

Land-based processors: Sea-based processors and fishing vessels bring catches to large land facilities—usually in foreign countries with cheap labor—for secondary processing, which includes thawing, deboning, breading, cooking, and packaging for wholesale or retail sales, with little or no oversight. Packages are stamped with the name of the country where processing was done but don't say where the fish came from. Your salmon might be from Alaska, for example, but the label will say "Product of China."

Distributors: People who export frozen fish to the U.S. may smuggle in misidentified catches by hiding the contraband under a thin layer of legal fish, doctoring paperwork, or even bribing inspectors at the dock, reports Oceana. Distributors send packages to wholesalers or retailers like restaurants, institutional food services, and grocery stores. If, say, there's not enough wild salmon to meet demand, Lowell says unscrupulous distributors may fill orders with farmed salmon—especially during the winter, when many wild salmon species are out of season due to migration patterns.

Retailers: Restaurants and stores often get blamed for mislabeling because that's where it's usually discovered. And dishonest operators may indeed try to profit by passing off cheaper fish as more expensive varieties. But retailers who aren't fish experts also have to trust the supply system, and may have no clue what they're really selling.

Mistaken IDENTITY

At least six seafood reviews have discovered mislabeled fish in the U.S. in recent years. Here are some of the most common substitutions.

YOU BOUGHT: Snapper
YOU GOT: Tilapia, Pacific ocean perch, rockfish, Atlantic cod

YOU BOUGHT: Atlantic cod
YOU GOT: Pacific cod, white hake, Alaska or Norwegian pollock, escolar

YOU BOUGHT: Wild salmon
YOU GOT: Farmed salmon

YOU BOUGHT: Gulf or wild-caught shrimp
YOU GOT: Imported or farmed shrimp

YOU BOUGHT: Grouper
YOU GOT: Asian catfish, king mackerel, whitefin weakfish

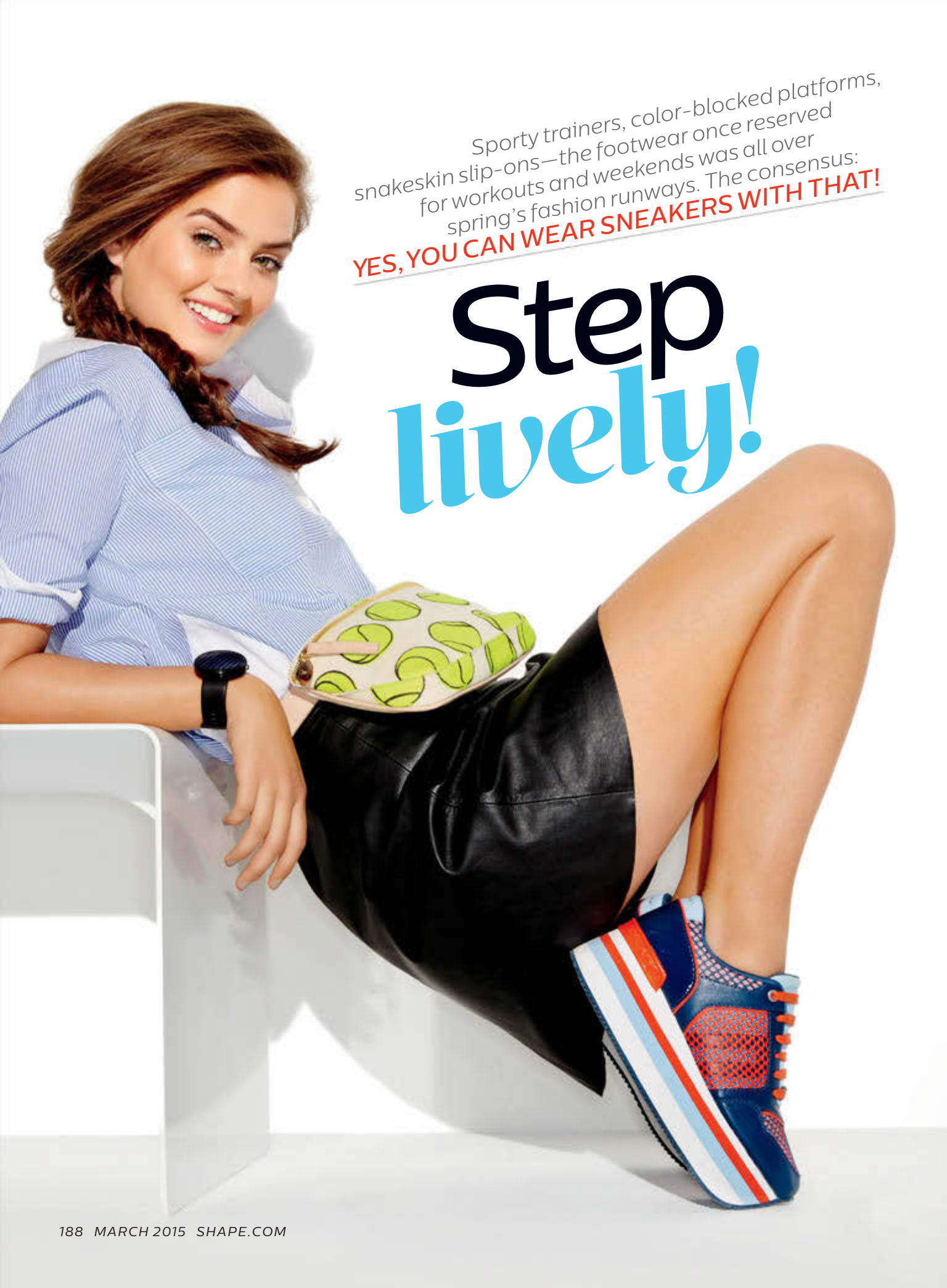
YOU BOUGHT: Swordfish
YOU GOT: Mako shark

YOU BOUGHT: Mahimahi
YOU GOT: Yellowtail

YOU BOUGHT: Bluefin tuna
YOU GOT: Bigeye tuna, yellowfin tuna



Frankenfish fake-out
By the time it reaches your supermarket, most seafood has passed through many hands that stand to profit from fish fakery—so what's on the label says little about what's actually in the package.



Sporty trainers, color-blocked platforms, snakeskin slip-ons—the footwear once reserved for workouts and weekends was all over spring's fashion runways. The consensus:

YES, YOU CAN WEAR SNEAKERS WITH THAT!

Step lively!



STYLE GAME PLAN

STREAMLINED LACE-UPS ARE PERFECT SUBS FOR BALLET FLATS, AND GO WITH THE FEMININE VIBE OF A FLOWY SKIRT; PLATFORM SNEAKS WORK LIKE WEDGES, GIVING YOU A BOOST.

This page: **Milly top and skirt** ($175, milly.com; $365, piperlime.com). **Aquatalia sneakers** ($395; aquatalia.com). **Dannijo earrings** ($245; dannijo.com). ***Opposite page:*** **Marissa Webb shirt** ($275; Canary, Dallas, 214-351-4400). **Veda skirt** ($440; Veda, NYC, 212-219-8332). **Clare V belt bag** ($225; clarev.com). **DKNY Active sneakers** ($125; shopbop.com). **Moto 360 watch** ($250; moto360.motorolacom).

BEAUTY SCORE

Pair your light skirt with an equally breezy scent, like ***Kate Spade Walk On Air Eau de Parfum Spray*** *($95; nordstrom.com).*

Styled by Audrey Slater
Photographs by Arthur Belebeau

Hair by Rodney Groves/Ray Brown Pro for Oribe.
Makeup by Brian Duprey/Judy Casey for NARS.
Manicure by Sofia Shusterov/Judy Casey for Dior Le Vernis.
Set Design by Sonia Niki.


A wild print calls for a simple sneaker. Match it to one of the colors in your outfit.

STYLE GAME PLAN
EDGY SNAKESKIN AND A POINTY TOE MAKE THESE DESIGNER SNEAKERS JUST AS CHIC AS STILETTOS—AND OF COURSE WAY MORE COMFORTABLE.

This page: **alice + olivia by Stacey Bendet top** ($178; aliceandolivia.com). **Vince Camuto pants** ($99; vincecamuto.com). **Jimmy Choo sneakers** ($525; jimmychoo.com). **Lulu Frost necklace** ($363; lulufrost.com). **Elizabeth and James cuff** ($425; saks.com).
Opposite page: **Vince top** ($135; vince.com). **Equipment pants** ($248; equipmentfr.com). **Under Armour sneakers** ($80; ua.com). **Gold & Gray Jewelry necklaces** (from $295; goldandgray.com). **Iwona Ludyga white necklace** ($360; iwonaludygadesign.com).

BEAUTY SCORE

Give hair a lift—while keeping your color vibrant and looking healthy—with ***Aloxxi Thickening Serum*** *($25; aloxxi.com).*



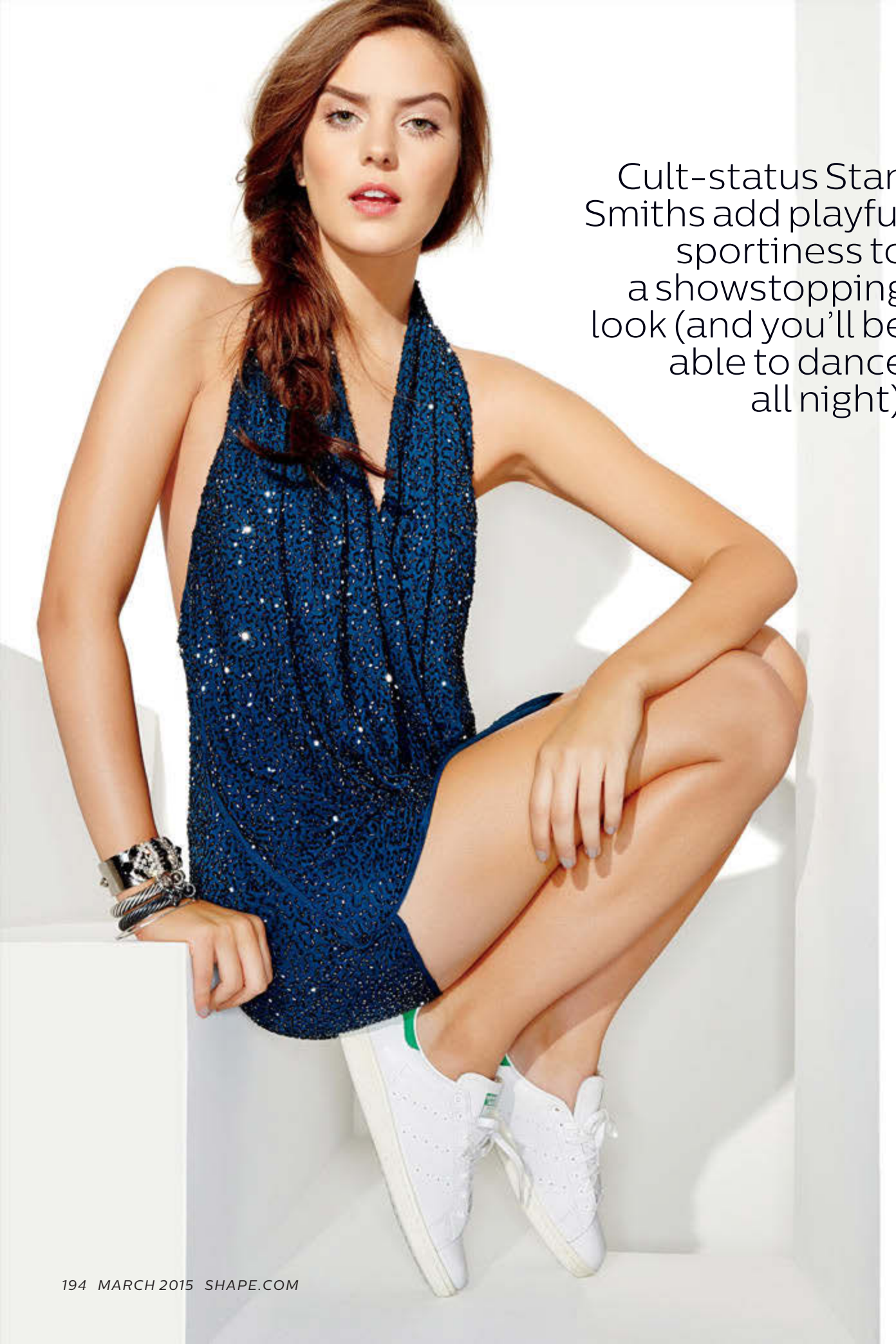
STYLE GAME PLAN
CROPPED PANTS ARE THE IDEAL LENGTH TO HIGHLIGHT NEON SLIP-ONS.

This page: **Jenni Kayne blazer and pants** ($595 and $425; jennikayne.com). **Katherine Feiner crop top** ($92; katherinefeiner.com). **Coach sneakers** ($135; coach.com). *From top:* **House of Harlow 1960 necklace** ($78; glamboutique.com). **Porter Lyons necklace** ($225; porterlyons.com). **La Soula Jewelry necklace** ($600; lasoula.com). **Movado BOLD watch** ($750; 917-934-4962). *Opposite page:* **Club Monaco sweater** ($140; clubmonaco.com). **Sam&Lavi skirt** ($185; samandlavi.com). **Lauren Merkin bag** ($395; laurenmerkin.com). **Puma sneakers** ($59; puma.com). **Susan Hanover ring** ($155; Fragments, NYC, 212-334-9588).

BEAUTY SCORE

*Before you bare your midriff, blend **Arbonne Genius Booster Serum for Body** ($55; arbonne.com) with lotion, then rub into skin to help tone and brighten.*


Change *into*
sneakers at work.
Clean styles are
office-worthy,
especially with
a suit or skirt.



Cult-status Stan Smiths add playful sportiness to a showstopping look (and you'll be able to dance all night).

BEAUTY SCORE

For supersmooth strands, apply a deep-conditioning mask once a week. Try ***Aveda Smooth Infusion Smoothing Masque*** *($27; aveda.com).*

STYLE GAME PLAN

A LONG T-SHIRT DRESS AND UPDATED TRETORNS GIVE THE CLASSIC TEE-AND-SNEAKERS PAIRING A FRESH TWIST.

This page: **Tommy Hilfiger dress** ($89; tommy.com). **Tretorn sneakers** ($70; zappos.com). **Porter Lyons necklace** ($135; porterlyons.com). **Susan Hanover cuff** ($198; Fragments, NYC, 212-334-9588). **CC Skye bracelet** ($168; amazon.com). ***Opposite page:*** **Haute Hippie dress** ($995; available in April in Haute Hippie retail boutiques). **Adidas Originals sneakers** ($75; adidas.com/stansmith). **Phillips House earrings** ($900; radcliffejewelers.com). **Iosselliani cuff** ($388; Iosselliani, NYC, 212-686-2211). **David Yurman bracelets** ($975 each; David Yurman, NYC, 212-752-4255). **Cynthia Rybakoff bangles** ($74 each; cynthiarybakoff.com).



SHOP the LOOK

SCAN TO SHOP THE LOOK! DOWNLOAD THE FREE **LOVE MY SHAPE APP** AND SCAN THE PAGE.



Veronica Beard jacket and trousers ($695 and $395; veronicabeard.com). **Suboo bra top** ($129; suboousa.com). **Steve Madden sneakers** ($100; stevemadden.com).

Banana Republic sweater ($70; bananarepublic.com). **Boden skirt** ($138; bodenusa.com). **Keds sneakers** ($65; keds.com).

Parker dress ($396; parkerny.com). **Ash sneakers** ($195; shopbop.com).

BCBG MAXAZRIA top and skirt ($168 and $228; bcbg.com). **Tory Burch sneakers** ($185; toryburch.com).

7 For All Mankind jumpsuit ($298; 7forallmankind.com). **Giuseppe Zanotti Design sneakers** ($995; giuseppezanottidesign.com). **CC Skye cuff** ($195; glamboutique.com).

Model photograph by Arthur Belebeau. Still-life photographs by Jonathon Kambouris; styling by Elizabeth Osborne for Halley Resources, Inc.

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→ *Continued from page 186*

Shop bigger stores

Perhaps surprisingly, some large retailers may be better than mom-and-pop shops at detecting fish fraud. Walmart, Wegmans, and Whole Foods, for example, buy and sell most of their seafood using programs such as the Marine Stewardship Council and Best Aquaculture Practices, that certify sustainability and track the origins of fish.

Look for the MSC Eco Label

The blue seal from the Marine Stewardship Council, an independent certifying organization supported by charitable donations and certification fees, indicates that every business that handled the seafood had a "chain of custody" certificate that traced the fish back to a sustainable fishery. "In order to use the seal, companies must also agree to random, independent DNA testing that confirms seafood is what it's supposed to be," says MSC communications director Mike DeCesare.

Run a background check

Asking your server or fishmonger how the restaurant or store buys fish or where seafood is caught telegraphs that this issue matters to customers—and helps clue you in to their practices. Find out if the restaurant uses a program like Sea to Table, which connects trusted fishermen directly to chefs, or a local equivalent. Carteret County, NC, for example, allows reputable sellers to put a "Carteret Catch" stamp on fresh, seasonal catches from nearby waters; Louisiana has a similar "Certified Authentic Louisiana Wild Seafood" label.

TROUBLED WATERS
See how prevalent mislabeling is near you via the seafood fraud map on oceana.org.

Know repeat offenders

Popular, pricey fish like snapper, grouper, and halibut are most likely to be swapped for something cheaper. Farmed salmon and shrimp are also often passed off as wild-caught. But there's little financial incentive to misidentify already low-cost catches like tilapia and catfish, Lowell notes. While European research indicates that 30 percent of tinned tuna overseas is misidentified in some way, canned fish hasn't been investigated for mislabeling in the U.S. Yet. ■

Photograph by Blake Farrington

What rate of perceived exertion (RPE) means

RPE is used to gauge your intensity in cardio workouts. Here are what the numbers in our fitness stories indicate.

RPE 1–2	Very easy; you can converse with no effort
RPE 3	Easy; you can converse with almost no effort
RPE 4	Moderately easy; you can converse comfortably with little effort
RPE 5	Moderate; conversation requires some effort
RPE 6	Moderately difficult; conversation requires quite a bit of effort
RPE 7	Difficult; conversation requires a lot of effort
RPE 8	Very difficult; conversation requires maximum effort
RPE 9–10	Peak effort; no-talking zone

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Happiness expert Christine Carter

We pose a key question to **Christine Carter, Ph.D.,** a sociologist and happiness expert at UC Berkeley's Greater Good Science Center and author of *The Sweet Spot*.

Q: What one small habit tweak can have the biggest impact on day-to-day happiness?

A: Turn off your phone a half hour before bed, and keep it off until at least a half hour after waking up. Create phone-free zones too: The most important ones are the dinner table and bed—places where you're supposed to be connecting with others or relaxing, which is impossible when you're distracted by your phone. Leave it out of the bathroom too, since creative time comes when you are unfocused, as you are when brushing your teeth. If you're checking Twitter, you miss out on that.

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STAYING HEALTHY WITH...

Jennifer Lopez

By Sara Angle

Growing up in the Bronx, NY, J.Lo was raised on a diet of hearty food traditional to her Puerto Rican heritage, like breaded chicken with white rice and beans. She eventually discovered her eating habits were affecting her performance and got passionate about adopting a more nutritious diet to make her feel and look better. What's more, since the community she grew up in has the highest rate of obesity in New York City, last year Lopez founded the Center for a Healthy Childhood at Montefiore Medical Center in her home borough. She also decided to create BodyLab—programs and products tailored specifically for women to learn more about healthy living. The 45-year-old singer, actress, author, and entrepreneur let us in on her workout secrets, go-to breakfast, and how she stays sane as a busy mom and superstar.

I keep my fitness routine fresh by...

...switching it up so my body and mind don't get bored. I do circuit training, Tracy Anderson Method, and cardio. I also spend time in the dance studio when I'm getting ready for a big performance, which is a great way to burn calories. I try to work out four times a week.

I can't start the day without...

...a smoothie in the morning, because as women grow older, we need more protein in our diets. I like BodyLab's TastyShake Complete Whey Protein Complex in Decadent Chocolate Fudge! I also love BodyLab's 7-Day Ultra Fast Slim Kit as a way to get back on track.

My trick for de-stressing is...

...to start the morning with positive messaging to get rid of negative thoughts. So before I leave my bedroom in the morning, I do a mix between meditation and affirmations, working on myself from the inside out. A massage every now and again doesn't hurt, either!

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BodyLab provides a **FREE** comprehensive health and wellness website and app that give you access to my favorite workouts and healthy recipes, as well as fitness articles, personalized diet plans, insider advice from certified trainers, nutritionists, and registered dietitians, a ***Guilt Free Meal Locator***™ to help you find meals that fit your diet program at restaurants, fast food joints and even in the frozen food section... and much more!



JLO ONLINE



JLO'S 3 Must-Knows

1

"OUR BODIES HAVE UNIQUE NEEDS."

Most products on the shelf today were developed on the physiology of men, with no consideration at all for our bodies and how they work. BodyLab is based on the latest research in women's fitness and supplementation and is designed to give women the tools we need to transform our lives and become who we've always wanted to be.

2

"WE DESERVE SOMETHING BETTER."

Some companies try to sell you a product that looks like it's made for a woman, but it isn't. BodyLab thinks we should have more, and our specialized, just-for-women formulas prove our commitment.

3

"BODYLAB IS MADE FOR WOMEN, BY WOMEN."

My vision for BodyLab is to motivate women everywhere to achieve better health and a happier, more fulfilling life. Our team, led by some of the most knowledgeable women in the industry, is working to make that vision a reality with our total-wellness approach to women's health.



JOIN THE BODYLAB® MOVEMENT

TRY IT. LOVE IT. SHARE IT.

Transform your body and make a difference in your own life. Then share your story and inspire other women to do the same.

WE CAN DO THIS, TOGETHER.

♡ jennifer lopez

#BETHEGIRL

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†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. ‡Free standard shipping in the continental U.S. only. BR15418-1



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